Hafa Adai! Salpan Iribune Volume XXVIII, Issue No. 74

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Cape Air to pull out of Rota

By ERWIN ENCINARES

>> Daily Saipan-**Guam flights** to use jet

n airline that services Rota from Guam and Saipan would discontinue its ser-► vices to the southernmost island of the CNMI effective May 31, 2018.

According to an internal communication to employees of the United Airlines, Cape Air United Express, an express airline operating under

United, would stop serving the Saipan-Guam, Rota-Guam, and Rota-Saipan routes effective May 31, 2018. Also,

See CAPE on Page 4

Lawsuit: Military training endangers Tinian monarch

WASHINGTON— The Center for Biological Diversity sued the U.S. Fish and Wildlife

>> Suit seeks endangered species protection for **imperiled Pacific** island songbird

Service last Thursday for failing to protect the rare Tinian monarch songbird under the Endangered Species Act.

Thursday's lawsuit, filed in the U.S. District Court in D.C., notes that this small bird lives only on Tinian, a 39-squaremile island in the western Pacific Ocean that is part of the Commonwealth of the North-

See LAWSUIT on Page 4





The Okeanos Marianas gives children and parents the opportunity to board the vessel and learn more about it during the American Red Cross NMI Chapter's 32nd Annual Walkathon last Saturday.

GAO: Enrollment delays plague Pacific veterans

Veterans from the Pacific do receive health benefits from the Department of Veterans Affairs healthcare system, but many still fall through the to enrolment application de- countability Office.

>> Physician recruitment and retention also troubling

lay processing and other errors, according to a new report cracks, mostly falling victim from the Governmental Ac-

GAO found that many Pacific veterans experience delayed enrollment application processing, contacting for appointment scheduling, and completing comprehensive mental health evaluations.

The report was requested by delegates Gregorio Kilili C. Sablan (Ind-MP), Madeleine **RELATED NEWS**

➤ GAO identifies gaps in Pacific veterans' healthcare. PAGE 9

Bordallo (D-GU), and Aumua Amata C. Radewagen (R-AS) through U.S. Public Law 114-497, or the Military Construc-

See GAO on Page 4

INSIDE



in July 2012 by Devon Pike.

LOCAL

Tinian monarch (Monarcha takatsukasae) photographed on Tinian

23 persons who took their oaths as freshlyminted U.S. citizens.

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DEVON PIKE

BUSINESS

Facebook CEO Mark Zuckerberg didn't have all the answers for Congress.

PAGE 17



LIFE & STYLE

Bon Jovi is admitted into the Rock & Roll Hall of Fame.

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SCAN ME WITH A COMPATIBLE **QR READER TO KEEP UPDATED** ON ALL THE LATEST NEWS.

2 MONDAY, APRIL 16, 2018 SAIPAN TRIBUNE

Local

Job fair attracts 40 companies, 250 jobseekers

By FERDIE DE LA TORRE

ferdie_delatorre@saipantribune.com REPORTER

Forty companies and 250 jobseekers went to the job fair of the CNMI Department of Labor at the Pedro P. Tenorio Multi-Purpose Center in Susupe last Saturday.

Labor Secretary Vicky Benavente said a wide arrange of businesses participated:

40 companies representing hotels and restaurants, construction, security services, manpower, child care providers, and others.

"We're very happy to see 250 people came in with the intention of applying. We are happy with that turnout. There's a lot of job openings today," she said.

Continued on Next Page

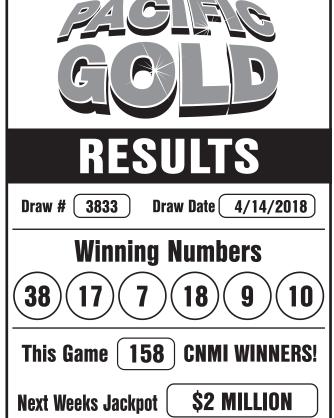


Patrick G. Candoleta, assistant district director for Guam and the CNMI of the U.S. Department of Labor Wage and Hour Division, served as the guest speaker during the CNMI Department of Labor's job fair at the Pedro P. Tenorio Multi-Purpose Center in Susupe last Saturday.

LOTTERY



Pacific Islands Club's administrative assistant Jennifer Dela Cruz, left, and PIC's training coordinator Michelle Lizama talk with CNMI Labor senior investigator Jeffrey Camacho during Labor's job fair at the Pedro P. Tenorio Multi-Purpose Center in Susupe last Saturday.





Labor Secretary Vicky Benavente, extreme right, and other Labor officials and staff watch and supervise their job fair at the Pedro P.

Tenorio Multi-Purpose Center in Susupe last Saturday.

FERDIE DE LA TORRE

She noted that the applicants were a combination of young adults and high school graduates.

"[There were a] lot of questions about what type of jobs and skills do [the companies] need from the applicants. From the employers, what kind of skills do you have, experience, education," the Labor secretary said.

Benavente said it's critical to show efforts by the business community and the community at large that the CNMI is doing its best to look for qualified employees who are U.S. citizens.

Benavente said it's been a

long time since Labor held its last job fair.

Jennifer Dela Cruz, human resources administrative assistant at the Pacific Islands Club Saipan, said they talked with more than 20 applicants.

There were also a lot who just picked up application

forms and decided to later fill it out and turn in at PIC, Dela Cruz said.

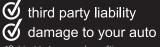
"I think it's pretty successful. And we're very glad that Labor was able to conduct this fair," she said.

A new high school graduate said he has been turning in applications to several hotels and restaurants, but most of them don't even bother to call him and arrange an interview. He hopes that, with the job fair, he will finally get a part-time job because he is still studying at the Northern Marianas College.

Patrick G. Candoleta, who serves as the assistant district director for Guam and the CNMI at the U.S. Department of Labor Wage and Hour Division, was the guest speaker at the job fair.

Candoleta talked about hour and wages and U.S. Labor's working relationship with the CNMI Department of Labor.





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Awareness

COMMUNITY BRIEFS

Avifauna presentation at the AMP

The Asia Pacific Academy of Science, Education and Environmental Management is hosting a "Mariana Avifauna Conservation Program" pre-

sentation at the American Memorial Park on April 25, from 5:30pm until 6:30pm. The conference is free and open to the public. (PR)

Islandwide cleanup on

April 20 The Bureau of Environmental and Coastal Quality's Cleanup Brigade will be joining the 2018 En-

vironmental

on April 20, from 3pm to 4:30pm and Saturday, April 21, from 8am to 10am. If you would like to volunteer, contact the BECQ no later than April 18, 2018, at 4pm at 664-8500/1. (PR)

CAPE

From Page 1

United Airlines announced internally that they would start serving the Saipan-Guam routes daily using a Boeing 737-800 aircraft with 16 seats in United Business, 42 seats in Economy Plus, and 108 seats in United Economy, totalling a 166-seat maximum capacity per flight.

The move, according to International Network Planning vice president Patrick Quayle, is in time for the airline's 50th anniversary of operation in the Micronesia region. The communication indicated that the decision was made "based on customer feedback."

"...Many have asked for aircraft[s] that offer mainline amenities and comfort, and that fleet type can operate more reliably regardless of Western Pacific weather conditions," the communication noted.

It quoted Quayle as stating, "We are confident the new daily 737 service will provide our customers in Guam and Saipan with a better experience."

The communication stated that the Saipan-Guam route would start with an aircraft departing Guam daily at 7am and arriving on Saipan at 7:45am. The return flight is scheduled to depart Saipan at 8:45am and arrive in Guam at 9:30am.

Saipan Tribune attempted to confirm the matter with United Airlines but they have yet to respond as of press time.

After learning of the news, Sen. Teresita Santos (R-Rota) told Saipan Tribune that the loss of a major airline serving Rota would be devastating, especially paired with the island's struggling tourism and

"Not only will such a dras-

tic decision greatly affect our limited air passenger servce into the island of Rota, but will also greatly impact our economic development, including lost jobs for those who are currently employed by Cape Air/United Express, tourism, and potential developments," she said.

"Consequently, on behalf of the people and leaders of Rota, I strongly appeal to United Airlines to reconsider its decision as the consequences of such a decision will negatively impact our island," she added.

Santos plans to introduce at the session of the Rota Legislative Delegation next Tuesday a resolution urging the airline to reconsider the decision.

"...It is highly recommended that the leaders of Rota meet with United Airlines so we can address the matter at the soonest time available and ensure continuity of air passenger services to Rota," she said in a statement, noting that the two remaining airlines servicing Rota were Star Marianas Air and Arctic Circle. Neither of the two airlines offer daily flights to Saipan or Guam, and Santos noted that there was often a lack of seats.

Arctic Circle Air, according to Santos, has unreliable flight schedules, while Star Marianas cancelled their Rota-Guam flights since Feb. 5 this year.

Santos did applaud United Airlines' decision to use a bigger plane to service Saipan and Guam.

'Less expensive to fly to Seoul than Guam'

Many residents of Guam and Saipan who were interviewed for this story were unsure of the impact of the decision.

"I don't think I'm much of a fan of these changes," said

Lena Leishman of Hagatna, Guam. "I enjoyed the flexibility of the flights especially this last trip so I could fly quickly after work and fit in two days of diving before I fly back for work. The new flight times wouldn't make it easy for a quick weekend trip."

Month Islandwide Cleanup

"I also kind of enjoyed the smaller planes. It's a short flight, so comfort and space wasn't ever a concern or need," she added, noting that it was easier to embark and disembark a plane of that size.

Adam Walsh, of Capital Hill, Saipan, said that he was all for the decision if it meant more "reliable" planes.

"There have been numerous issues with Cape Air from Guam to Saipan. If this means we get bigger, more reliable United planes, then I am all for it. It appears competition has pushed some airlines out while allowing the opportunity for others to come in," he said.

"It's a terrible idea to just have one flight a day," said Yogi Singh of Papago, Saipan after indicating that he liked the idea of a "bigger" and "more reliable" aircraft. "As a traveller to Guam for business, I will be wasting more time and money for those trips," he said, referring to the new Saipan-Guam flights to be offered by United. He added the lack of afternoon trips will cost him "unnecessary overnight stays on Guam."

Brad Ruszala of As Lito, Saipan, gave away all of his United One Pass Miles because he "couldn't depend on the key component of all of my trips through Guam via Cape Air."

"I hope the new jet will bring with it more reliability than what we've been forced to endure with Cape Air. While the new schedule and reduced seating will result in an adjustment for travel to and from Guam, we are still lucky to have low-cost flights to Seoul to accommodate our international travel needs. It's less expensive to fly to Seoul than it is to fly to Guam," he said.

Sen. Paul Manglona (Ind-Rota) sent a letter dated April 16, 2018, to United Airlines Asia region managing director Sam Shinohara requesting to negotiate the pull-out.

"I would like to sit down and discuss this matter further with you and other executives of United Airlines and Cape Air," said Manglona in a document obtained by Saipan Tribune. Manglona added that he remains confident that they could find a solution that would be "beneficial to both your company and the CNMI, particularly Rota."

"The leaders of Rota and the CNMI are pursuing new avenues to promote tourism on Rota, and with the one less airline company servicing [Rota], our efforts to bring tourists to the island will be hindered," Manglona wrote. "...The residents of Rota will be greatly affected by the discontinuance of Cape Air's service," he said, adding that Cape Air has been servicing the island since 2005.

"Not only did [Cape Air] create jobs on the island, but the tourism industry was able to stay afloat. For this reason, I respectfully ask that your company to reconsider its decision to discontinue Cape Air's flight service to Rota," he said.

According to Santos, ending services for Rota in June is "untimely" as June comes with "a lot of activities such as graduation and people going on vacation [to and from Rota]." (With reports from Bea Cabrera)

The monarch's population is estimated to have declined by nearly 40 percent in recent years. Beyond the danger of increased military activities. the bird is threatened by development, agriculture, typhoons, disease, predation from rodents and the threat of invasion by exotic brown tree snakes, which have decimated native wildlife on nu-

The center is a national, nonprofit conservation organization with more than 1.6 million members and online activists dedicated to the protection of endangered species and wild places. (PR)

ERRATUM

In the article titled "Babauta, Sablan announce candidacies" that was published last April 13, 2018, it erroneously reported that Commonwealth Healthcare Corp. public information officer Samantha Birmingham-Babauta was present at the event. The online edition of the story has already been corrected to reflect this. Our apologies for this inadvertent error.

GAO

From Page 1

tion, Veterans Affairs, and Related Agencies Appropriations Act of 2017.

GAO did not note that the veterans mostly received primary and mental healthcare from the Department of Veterans Affairs Pacific Islands Health Care System, or VAPI-HCS, according to the timeliness goals set by the VA Veterans Health Administration, or VHA.

"For the sample of veteran's medical records that GAO reviewed, VAPIHCS referred nearly all specialty care to non-VA providers within VHA's timeliness goals, but the time taken to provide care was variable and sometimes lengthy," the GAO report stated.

Specifically, VAPIHCS sent specialty care referrals to the Veterans Choice Program and the Department of Defense, or DOD, military treatment facilities. GAO noted that based on the records it reviewed, the choice program on average took veterans 75 days before receiving care and 37 days and 47 days for DOD military treatment facilities that VAPI-HCS had agreements with.

"GAO found that VAPIHCS did not always manage referrals to the military treatment facility in a timely way and there was inconsistent guidance describing the roles and responsibilities of the VAPIHCS staff involved in the process," GAO reported, as they said they "identified weaknesses in VAPICHS management of referral process for sending veterans to specialty care services at one of two military treatment facilities.

"These weaknesses may have contributed to the amount of time it took for veterans to receive specialty care services," GAO said.

Trouble with retention

GAU found in their investiga tion that VAPIHCS also had trouble recruiting and retaining physicians. GAO reported that, as of October 2017, 17 of about 100 VAPIHCS physician positions were vacant, along with several other types of healthcare providers.

"Some of the challenges VAPIHCS faced are unique to the Pacific Islands, such as the availability of only one local medicine school from which to recruit, along with travel burdens and a high cost of living that may discourage physicians from relocating there," GAO reported.

Differences in interpretation of hiring and recruiting policies added to other challenges VAPIHCS faces.

GAO reported that VAPI-HCS officials said they were implementing strategies, including some adopted from the VHA, in an attempt to retain physicians but with limited success. Such strategies include financial incentives and an educational debt reduction program.

"Although they have described the limits to the success of some of these strategies, they have not evaluated their effectiveness," GAO reported. "Without completing an evaluation of its strategies, VAPIHCS may not be optimizing its resources to improve its hiring efforts and may continue to struggle with physician shortages."

GAO recommendations

GAO urged the secretary of VA to ensure that VAPIHCS review its referral process to DOD providers "...including referral cancellation[s] to determine why VHA policy is not being adhered to and make changes as needed."

The agency added that the VA secretary should ensure that VAPIHCS "clarify guidance to clearly define and document roles and responsibilities for VAPIHCS staff involved in the referral process with Naval Hospital Guam."

"The Secretary of VA should ensure that VAPIHCS improves the monitoring of referrals and communication with NHG to ensure the timely management of referrals to NHG, including verifying the availability of services for veterans; ensuring referrals are entered into NHG's electronic medical record system; and obtaining information about the status of scheduling appointments for veterans,' GAO reported as its third recommendation.

For its fourth and final recommendation, GAO said, "The secretary of VA should ensure that VAPIHCS evaluates the effectiveness of strategies it currently uses to promote physician recruitment and retention, including how the strategies could be improved. The plan should also include an assessment of whether additional strategies currently offered by VHA would be beneficial."

LAWSUIT

From Page 1

ern Mariana Islands. The bird is severely threatened by plans to expand military-training activities in the monarch's last remaining forest habitat.

"This dainty little songbird needs Endangered Species Act protections immediately to have a fighting chance at survival," said Ryan Shannon, a staff attorney at the center. "The Fish and Wildlife Service has already acknowledged the monarch's in trouble, so we're going to court to ensure the Trump administration doesn't

block lifesaving protections for this rare bird."

The center petitioned for protection of the Tinian monarch in 2013 under the Endangered Species Act, which gives the Fish and Wildlife Service one year to respond. The agency has yet to do so. Even so, it identified the monarch as critically imperiled, meaning its protection should be highest priority. The Service scheduled the decision for fiscal year 2017 in its own workplan, but to date has not moved to protect the species.

The monarch, a type of flycatcher, nearly went extinct from forest clearing for agriculture and military staging during World War II. It was protected under the Endangered Species Act in 1970. Following an increase in forest cover and population size, those protections were removed in 2004. Since then the bird's forest habitat has been slowly disappearing. Only 549 acres of native forest remain on Tinian.

"The Service has already acknowledged that the monarch is critically imperiled. It needs to stop delaying and provide this unique bird the Endangered Species Act protections it desperately needs," said Shannon.

merous islands.

'Lottery for CW permits creates more headaches'

By FERDIE DE LA TORRE

U.S. Citizenship and Immigration Services' lottery system for the approval of 4,999 CW permits for foreign workers is unfair and will only give the business community and small businesses more headaches, according to former governor Juan N. Babauta.

In an interview, Babauta said that one can look at the lottery system from the point of view that it is something that may or may not be within the CNMI's control.

"However, we cannot just sit

back and let things unfold the way that it has unfolded. That is why we are in position of trust in government so that we can work with our federal partners," he said.

Babauta and former education commissioner Dr. Rita A. Sablan are running as independent candidates for governor and lieutenant governor in this November election.

When asked about the US-CIS lottery system, Babauta underscored the importance of the CNMI working with federal government.

"I would have worked very hard to prevent the capping of CWs at 4,999 when I know that the federal government can have the discretion to either work so that we keep the 12,000 level all the way to Dec. 31, 2019, rather than putting a cap now," Babauta

Babauta pointed out that a lot of things could happen in the intervening period.

"One, we could have the legislation passed and become law before Dec. 31, 2019," he said, referring to U.S. Sen. Lisa Murkowski's (R-AK) S. 2325, or the U.S. Workforce Act.



2019 to 13,000; provide additional validity to long-time CW workers; and extend the CNMI transitional period, along with programs under

Murkowski's bill

seeks to reset the CW

cap for fiscal year

it such as the CW program and the E-2C investor program, to fiscal year 2029.

Delegate Gregorio Kilili C. Sablan (Ind-MP) simultaneously introduced H.R. 4869, an exact copy of the bill, in the U.S. House last Jan. 19.

Babauta said the CNMI

does not have to go through a lottery that will reduce the number of CW workers from 12,000 to less than 5,000. Such reduction, Babauta said, is going to create another headache not just for the business community, but also to many small businesses here that hire critical CW workers.

"The lottery to me in this case is not fair," the former governor said.

On the surface, Babauta said, the lottery looks like everybody has a chance to be drawn and pulled and given a CW permit.

He said what USCIS or

U.S. Labor could have done is to look at critical categories of workforce in the CNMI that are badly needed and have that category be pulled at a lottery rather than the entire 12,000.

USCIS announced last week that it received an enough number of CW petitions for fiscal year 2019, which is 4,999, and would be using a lottery system for the approval of such permits.

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Electric Motor Rewinding Services and Maintenance



David Muña Sablan claims illegal interrogations

A man facing charges in federal court for leaving behind two bags in Garapan that later turned out to have chemicals and items for making methamphetamine or "ice" now wants the court to suppress his statements to police officers that he made in response to the officers' "illegal interrogations."

David Muna Sablan, 38, said that when police arrested him at the American Memorial Park last March 15, the officer did not inform him of his rights, including a right to a lawyer.

At that time, Sablan said, he answered the questions of police officer John Hofschneider.

"Officer Hofschneider did not tell me I had a right to remain silent. He did not tell me that anything I said could not be used against me," he said.

Sablan's declaration was attached in support of his motion to suppress and motion to compel discovery that he filed last week in the U.S. District Court for the NMI.

Sablan said a short time after his statements to Hofschneider, while still arrested, Drug Enforcement Administration special agent Kirk Johns and another officer asked him questions and that he responded.

He said it was only after several hours later that Johns and another officer gave him Miranda warnings about remaining silent and that he has a right to an attorney.

Sablan recalls signing that form but having already answered their questions.

Sablan, through his courtappointed counsel Janet H. King, said all his statements must be suppressed because Sablan did not voluntarily initiate any communications with the law enforcement officers and that those were obtained in a coercive environment.

King said the U.S. government cannot meet its burden to establish that Miranda warnings were properly administered to Sablan. (*Ferdie de la Torre*)





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Charter Day highlights car show, young talents



Shane Sabino is presented with his prize after doing well in the Proa Factor competition of NMC Charter Day.

KIMBERLY A. BAUTISTA

By KIMBERLY A. BAUTISTA

The Northern Marianas College's 37th Charter Day celebration last Friday highlighted souped-up cars and burgeoning young performers that saw Goddhy Taitingfong blew the judges away with an original rap composition.

The Charter Day celebration saw the return of the popular Proa Factor, a talent competition that debuted last year and has become a staple of the festivities, and made space for an all-inclusive car show.

The car show, a regular segment in the Charter Day festivities, usually showcases sports cars and Hiluxes. It was made all-inclusive this year, meaning all car models were welcome.

The show was important to all car enthusiasts in the Marianas because not only were they given the opportunity to show off the hard work they put into modifying their cars, but it was also a chance for them to speak with fellow car enthusiasts and maybe learn a thing or two to further improve their vehicles.

During the Proa Factor, eight talents came head-tohead for the championship: Julie Innocencio, John Benig, Donato Santiago, Bernice Shane Sabino, Nathan Ada, Neil Fama, Travis Kaliga, and Taitingfong.

After over an hour of competing, judges chose Taitingfong to be this year's Proa Factor champ. Second to Taitingfong was Nathan Ada, who performed an original composition. Completing the top three was Sabino, who blew the audience away with a solo.

Taitingfong felt amazed after being chosen as the champion because that has been his



Goddhy Taitingfong is presented with his prize after doing well in the Proa Factor competition of NMC Charter Day.

KIMBERLY A. BAUTISTA

goal since participating in last year's competition where he placed second.

"Coming back to this year's Charter Day, I didn't even expect to make the auditions and

knowing I got first place, it was amazing," he said.

Taitingfong was awarded cash, a brand new phone, and gift certificates.

The celebration brought



Nathan Ada is presented with his prize after doing well in the Proa Factor competition of NMC Charter Day.

KIMBERLY A. BAUTISTA

together thousands to the college, with various vendors selling food, beverages, clothing, and other items.

According to Frankie Eliptico, NMC's dean of institutional advancement, "We are super happy with the show of people tonight. We are very pleased that everyone is celebrating with the college's birthday.



Car enthusiast Jonah Delos Reyes.





Northern Marianas Nursing Club.

KIMBERLY A. BAUTISTA



The NMC Charter Day soba eating contest

KIMBERLY A. BAUTISTA



Saipan Music and Dance Studio dancers perform. KIMBERLY A. BAUTISTA



The Pentecostal Missionary Church of Christ booth at the annual NMC Charter Day celebration



The Marianas Young Professionals booth.



KIMBERLY A. BAUTISTA



The Proa Factor competitors.

CHARTER DAY

Hundreds crowd the south field of the Northern Marianas College during the college's 37th Charter Day last Friday.

Guam medical pot program at standstill without a testing lab

HAGATNA, Guam (AP)— No one has applied for a license to set up an independent testing laboratory nearly two months after Gov. Eddie Calvo signed a bill implementing the rules for a medical marijuana program, a Guam official said.

The marijuana program, approved by voters in 2014, can't start without a testing lab, the Pacific Daily News reported. Department of Public Health and Social Services acting director Leo Casil said on Thursday that the program is at "a standstill."

Casil said Public Health still estimates that the startup cost for a testing lab is \$1 million.

Sen. Dennis Rodriguez, who wrote the medical marijuana rules and regulations bill that became law, said the lack

2 quakes of same magnitude near NI

A 4.6-magnitude earthquake occurred near Farallon de Pajaros while a temblor of the same magnitude happened near Rota last week. No one was reported injured and no damage to property was also reported in the CNMI.

The earthquake occurred 127.4 miles north northwest of Farallon De Pajaros last Thursday at 5:50am.

The other earthquake occurred 67.7 miles west northwest of Rota last Wednesday at 10:55pm.

The two earthquakes were not felt on Saipan.

Meanwhile, a 4.7 earthquake occurred 21 miles south southeast of Inarajan, Guam last Monday.

According to the CNMI Emergency Operations Center, no tsunami warnings or advisories were issued by the Pacific Tsunami Warning Center for the three earthquakes.

Early last month, three earthquakes occurred in a three-day period near Farallon de Pajaros and Pagan, but no one was reported injured nor was there damage to property.

U.S. Geological Survey seismologist Aaron G. Wech told Saipan Tribune earlier that the recent earthquakes were the result of the Pacific plate colliding with and sinking beneath the Philippine Sea plate.

Wech said the series of earthquakes are normal and expected in tectonic settings like the CNMI. (Ferdie de la Torre)

of testing lab applicants could be attributed to a lack of regulations. His bill adopted the rules and regulations rewritten by the Department of Public Health, and also opened up the program to non-residents in order to increase the pool of potential patients and make it more financially viable.

"I was hoping Public Health would be more pro-active rather than just waiting for an applicant," Rodriguez said.

He said the Department of Public Health can also reach out to entities such as the University of Guam's Marine Laboratory to do the independent testing.

Voters overwhelmingly approved legalizing medical marijuana on the island for debilitating medical conditions such as epilepsy, HIV, cancer and glaucoma.

The law requires all medical cannabis, prepared medical cannabis and medical cannabis products on Guam to be tested for potency and safety by an independent medical cannabis testing lab licensed by Public Health before they can be sold to a qualified patient or a qualified patient's primary caregiver.

Although there is no applicant yet to set up a testing lab, Public Health continues to research other areas of the medical marijuana program, Casil said.

Casil said Public Health is challenged by a lack of experts on medical marijuana as well as other resources.

Rodriguez said at this time, it seems unnecessary to appropriate more funds to Public Health for the medical marijuana program.

"A Tradition of Excellence!" Dr. Dennis Williams, a renowned eye surgeon, continues the tradition of excellence at Marianas Eye Institute

Received a CNMI House Resolution, "for conducting

- the CNMI's first Corneal Transplant'
- Listed in "Best Doctors in America"
- Board Certified Ophthalmologist

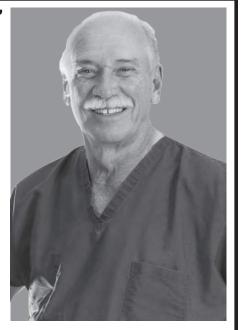
Prior Experience:

- Assistant Clinical Professor of Ophthalmology, USF
 Director of Corneal Transplant and Refractive Surgery
- St. Luke's Cataract and Laser Institute, Florida
- Board of Directors, American Board of Eye Surgery
 President, Cataract Teaching Foundation
- Instructor, American Society of Cataract and Refractive Surgery

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235-9090 Walk-in's welcome Beach Road Garapan.



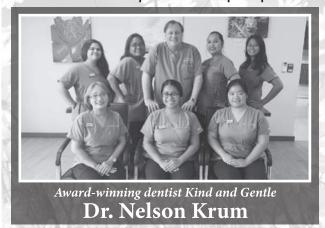


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Red Cross holds workshop for Army reservists

By STAFF SGT, JAMES KEN-**NEDY BENJAMIN**

9TH MISSION SUPPORT COMMAND

American Red Cross Service to Armed Forces instructors conducted a Reconnection Workshop for Army Reserve soldiers with the 302nd Quartermaster Company, 9th Mission Support Command, on Saturday, April 7, at the U.S. Army Reserve Center on Saipan.

The one-and a-half-hour workshop aimed to equip soldiers with skills and techniques

to combat stress and trauma.

Dr. Edward Santos, a Guambased ARC instructor and also the director for the Guam Veterans Center, U.S. Department of Veterans Affairs, said this was the first time they did this workshop on Saipan.

"We have done this training many times in Guam, but this is the first time that we are having it here [on] Saipan," Santos said. "The goal is to provide [service members] with information that they can take with them to use in their



American Red Cross Service to Armed Forces instructor, Dr. Edward Santos, standing, goes through the Exploring Stress and Trauma module of ARC's Reconnection Workshops on Saturday, April 7, at the U.S. Army Reserve Center on Saipan.

everyday work."

The Reconnection Workshops are intended to help service members reintegrate into society after a deployment, Santos said. The skills that they learn can be applied to any service member's life, whether they have deployed or not, he said.

"It is not therapy. These workshops allow service members the opportunity to deal with issues when they return from a deployment," Santos said. "The idea is to give the service members some skills...to cope and also to learn about their strengths that they have after returning from a deployment."

For one soldier, the workshop was not what she expected.

"I thought it was going to be counseling, like a one-onone thing where we share our experiences" said Spc. Casey Obaldo, a soldier with the 302nd QM Co. and a combat veteran. "It was not like that. What made this training dif-

ferent was that it was in a big group and no one was singled out to share their experience."

The workshop went through different exercises and scenarios, making soldiers more aware of stressors, while equipping them with the skills and techniques on how to cope or overcome those stressors.

John Hirsh, the Northern Mariana Islands Chapter executive director, ARC, said he was pleased with the outcome.

'The Red Cross and the military have a longstanding history together," Hirsh said. "These workshops help strengthen our relationship with our local service members. We are here to support our service members and their families."

The Red Cross Reconnection Workshop are free. There are five modules for adults and two for children and teenagers. The workshops are small group based discussions, made to be flexible.

Army Reserve soldiers with the 302nd Quartermaster Company, 9th Mission Support Command, close their eyes as Nadine Cepeda, an American Red Cross Service to Armed Forces instructor, guides them through a relaxation exercise during the Exploring Stress and Trauma module of ARC's Reconnection Workshop at the U.S. Army Reserve Center on Saipan, Saturday, April 7.

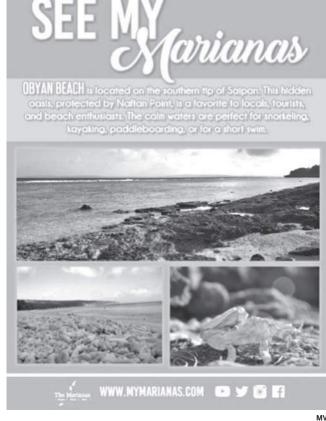
Tourism Month graphic art design contest launched

Are you a student with graphic design skills? Marianas Tourism Education Council and the Marianas Visitors Authority would love to see your ideas for promoting special places in the Marianas.

MTEC and the MVA are holding a Tourism Month 2018 Graphic Arts Design Contest titled "See My Marianas" for CNMI students in grades 6-12. The deadline to submit entries is 4:30pm on May 11, 2018, and winners will be announced at the Taste of the Marianas International Food Festival on May 19.

Submissions must be an original digital design with the words "See My Marianas" featuring a site/location in the Marianas that the artist would encourage people to visit. Entries should include the name of the site/location, and brief one-to-four sentence description of the site, and the following: www.mymarianas,com and Facebook icon with the facebook.com/mymarianas and Instagram icon with the address Instagram. com/themarianas).

Submissions may be made by mailing to info@mymarianas.com or posting on Face-



The first-place entry of Carrie Pangelinan in the 2017 Tourism Month Graphic Arts Design Contest. Entries are now being accepted from CNMI students in grades 6-12 for the 2018 Tourism Month Graphic Arts Design Contest, jointly organized by the Marianas Visitors Authority and Marianas Tourism Education Council.

book at My Marianas (www. facebook.com/mymarianas/) with the hashtag #mymarianasdesign.

Entries should include student name and grade. All

entries must be accompanied by a permission release form, and winners will be contacted via Facebook or email, however they submit.

Prizes are:

- First place: \$150 cash + \$150 Taste of the Marianas
- Second place: \$100 cash + \$100 Taste tokens
- Third place: \$50 cash + \$50 Taste tokens
- Fourth place: \$25 cash + \$25 Taste tokens
- Fifth place: \$25 cash + \$25 Taste tokens

Entries will be judged on the following: adherence to contest guidelines, artistic execution, accuracy of site/location name and description, emotional response/does it create a feeling of enticement to see the site/location For contest guidelines and a permission release form, visit www.mymarianas.com. For more information, contact MVA Community Projects assistant Demalyn Pagarao at dpagarao@mymarianas.com or 670.664.3200/01. By entering, contestants agree to allow MTEC/MVA to use their name, image, and entry for promotional purposes. (MVA)

FSM college students are invited to apply for \$10K sports scholarship

KOLONIA, Pohnpei—The Dr. Eliuel K. Pretrick Memorial Scholarship Committee has announced the deadline of June 1, 2018, for applications for the \$10,000 scholarship that is awarded annually to one Federated States of Micronesia citizen who wishes to attend a four-year university to earn a bachelor's degree in physical education or a sport-related field.

Named for the former secretary of the FSM Department of Health, Education and Social Affairs and the founding president of the FSM National Olympic Committee, the scholarship is for a third or fourth year student for the school year 2018/2019, and will be awarded on June 15, 2018.

Applicants must be a citizen of the Federated States of Micronesia; have completed an associate's degree with a minimum cumulative grade point average of 2.5 (on a 4.0 scale); and be a currently-enrolled college student.

Applicants must also have been accepted for admission as a full-time student into an accredited four-year institution, majoring in physical education or sport administration.

For more information or to obtain an application form, contact Moses Pretrick at (691)320-8369, mpretrick@ fsmhealth.fm or Jim Tobin at (691)320-8914, fsmnoc@mail. fm. Or visit the FSMNOC office in Pohnpei. (PR)

GAO identifies gaps in Pacific veterans' healthcare

WASHINGTON. D.C.— Delegate Madeleine Z. Bordallo issued the following statement yesterday about a report published on April 12, 2018, by the Government Accountability Office on the veterans' health care in the

Bordallo and Delegates

Aumua Amata Coleman Radewagen (R-AS) and Gregorio Kili-

ON THE NET https://www.gao.gov/ products/GAO-18-288

li C. Sablan (Ind-MP) asked for the report through a provision in Public Law 114-497, the Military Construction. Veterans Affairs, and Related Agencies Appropriations Act.

The GAO found that while most veterans received primary and mental healthcare from the Department of Veterans Affairs Pacific Islands Heath Care System within timeliness goals, veterans also experienced delays related to the processing of their enrollment applications, contacting them for appointment scheduling, and completing comprehensive mental health evaluations.

The GAO makes four recommendations to the Department of Veterans Affairs for

executive action:

1. The Secretary of VA should ensure

that VAPIHCS review its referral process for referrals to DOD providers, including referral cancellation, to determine why VHA policy is not being adhered to and make changes as needed.

2. The Secretary of VA should ensure that VAPIHCS clarify guidance to clearly define and document roles and responsibilities for VAPIHCS

Scheduled power interruption on April 18

There will be a scheduled power interruption on Wednesday, April 18, 2018, from 9am to 2pm.

The purpose of the power interruption is to de-energize primary lines and allow Commonwealth Utilities Corp. line crews to safely replace three wooden poles with concrete poles along Tanto Drive in As Matuis village. The subproject is part of CUC's ongoing 406 Hazard Mitigation Project that involves the replacement of 787 wooden poles with concrete poles.

Of the 787 wooden poles to be replaced, 358 have been replaced. The remaining 429 wooden poles have

IN THE SUPERIOR COURT OF THE COMMONWEALTH OF THE NORTHERN

MARIANA ISLANDS

HOUSING

Plaintiff,

HENRY SABLAN) NO. 11-0044

CIVIL ACTION

CORPORATION

HOFSCHNFIDER and

ELENA BABAUTA HOESCHNEIDER

Defendants.

NORTHERN MARIANAS

an impending schedule for replacement.

Affected power service areas: Tanto Drive in As Matuis village Affected water wells: None Affected wastewater lift stations: None

CUC asks travelers commuting along or near Tanto Drive to exercise caution when traveling as heavy equipment will be used during the project performance.

For more information, contact the CUC Customer Call Center (664-4282) or monitor our Facebook page for the latest updates (https:// www.facebook.com/Commonwealth UtilitiesCorporation!). **(PR)**

staff involved in the referral process with Naval Hospital Guam.

3. The Secretary of VA should ensure that VAPIHCS improves the monitoring of referrals and communication with NHG to ensure the timely management of referrals to NHG, including verifying the availability of services for veterans; ensuring referrals are entered into NHG's electronic medical record system; and obtaining information about the status of scheduling appointments for veterans.

The Secretary of VA should ensure that VAPIHCS evaluates the effectiveness of strategies it currently uses to promote physician recruitment and retention, including how the strategies could be improved. The plan should also include an assessment of whether additional strategies currently offered by VHA ing the VA Choice Program, or would be beneficial.

"Our veterans deserve better. Some progress has been made to improve healthcare services for veterans who live [in] Guam and the other Pacific territories, but this report underscores that more needs to be done," said Bordallo. "It is unacceptable that some of our veterans have to wait an average of 75 days for care when utiliz-

47 days when going to a DOD facility. I encourage the VA to swiftly implement the GAO's recommendations. This report is also helpful as I continue advocating in Congress for better care and services for veterans who sacrificed much for our island and nation."

The full report can be found at: https://www.gao.gov/products/GAO-18-288. (PR)



tion and Extension Services won the 2018 NMC Softball Tournament held last weekend. The tournament, sponsored by the NMC Alumni Association, included teams from other departments at the college. The softball tournament was held in anticipation of NMC's Charter Day celebration last April 13,

TO RAMON S. AND REBECCA B. DELA CRUZ:

Ramon Santos Dela Cruz is in default upon his Note dates August 25, 2006, secured by a Mortgage of the same date. executed and delivered by you to the Northern Marianas Housing Corporation.

(a) Description of the Real property covered by Mortgage:

Lot no. 001 G 74, situated in Kagman I, Saipan

Northern Mariana Islands, containing an area of 729 square meters, more or less, as more particularly described on Drawing/Cadastral Plat no. 001 G 03, the original of which was recorder 20 March 1986 as document no. 86-0510 at the Office of the Commonwealth Recorder, Saipan.

- (b) Date and amount of Note and Mortgage; August 25, 2006; \$11,214.00
- (c) Amount due for principal: \$483.38 as of June 1, 2017
- (d) Amount due for interest: \$2,362.21 as of June 1, 2017

(e) Daily accruing interest: \$2.51

If the principal, interest, and late charges \$2,845.59 plus accruing interest, together with reasonable attorney's fees in the amount of \$500.00, are not paid within thirty (30) days from the date of service of this notice upon you, you will be in default, Court proceedings will be commenced against you to foreclose upon the said Mortgage because of the default,

Unless you, within thirty (30) days after receipt of this letter dispute the validity of the claim, or any portion thereof, we will assume that it is valid. If you notify us in writing within this thirty (30) day period that the claim, or any portion thereof, is disputed, we will obtain information on the debt and mail you a copy thereof. Upon your written request within this thirty (30) day period, we will provide you with the name and address of the original creditor, if different from the creditor

This letter is an attempt to collect a debt. Any information obtained will be used for that purpose.

Si Ramon Santos Dela Cruz ti ha komple I kontratan debiňa (Promissory Note) ni ma fitma gi Agosto 25, 2006, ni afabobot i Mortgage ma asegurao ni ma empeňa (Mortgage) un propiadat tano, ni afabobot I Northern Marianas Housing

(a) I deskripsion tano ni ma empeneňa (mortgaged):

Sito numiro 011 G 74, ni gaigi gi Kagman I, Saipan, Northern Marianas, ni ha konsiste un aria 729 kuadrao metro, mas pat menus, mas patikulamente ma eksplika gi Drawing/Cadastral Plat numiro 011 G 03, I orihinat ma rekodia 20 Matso 1986 komu dukumento numiro 86-0510 gi ofisinan I Commonwealth Recorder, Saipan.

- (b) I kantida yan I fechan este na debi yan empepeňa: Agosto 25, 2006; \$11,214.00
- (c) Kantida un debi para principat: \$483.38 asta ki Juňio 1, 2017 (d) Kantida un debi para interes: \$2,362.21 asta ki Juňio 1, 2017
- (e) Interes kadi dia: \$2.51

Yangin ti un apasi I kantida na principat, interes, yan apas pot atrasao (late charges) \$2,845.59 yan I rasonle na apas abugado pot \$500.00 gi halom trenta (30) dias despues di I fetcha ni un risible este na notisia, un ma konsidera komo ti unkomple I kontratamu (default), va siempre u-matutuhun kontra hago a kausan kotti ni para uma kondena va uma bendi I propriadat tano'mu ni un empepeňa guato ni Northern Marianas Housing Corporation.

Solo yangin halom trenta (30) dias dispues de un resibe este na kata yan un kontra minagahet-ňa pot l apudera sino komo I pattida, siempra bai in hongge an asientadu a apulera. Pago yangin un kattayi ham gi halom este I trenta (30) dias siklo man infofotma hao pot I apudera sino komo I pattida para un kontra, pues bai in henta infotmasion pot I dibi-mu dispues un ma kattayi I kopia pot este na de'unta. Anai in resibe I katta-mu gi halom trenta (3) dias siklo, bai in nai'I hao in na'an yan address I akredot komo ti parehu na akredot ma indika guini hulu.

Este na kata para u ma na'kesiňa ma rikohi I dibi-mu. Meseha hafa na infotmasion ni in resibe pot este na apudera – siňa bai in usa para bai ke-chagi mu rekohi para este I dibi-mu.

MICHAEL A. WHITE, ESQ. Attorney at Law

IN THE SUPERIOR COURT OF THE COMMONWEALTH OF THE NORTHERN

NORTHERN MARIANAS Plaintiff, PEDRO TUDELA BORJA and RUTH SALUDES BORJA. Defendants.

THIRD AMENDED NOTICE OF SALE

NOTICE IS HEREBY GIVEN that, pursuant to an Order issued by the Court in this matter on May 9, 2012, I will sell, at public auction, to the highest bidder, on the terms and conditions set forth hereinbelow, all of the right, title, and interest of Defendants in and to the following property: Lot no. 002 G 72, situated in Kagman II, Saipan, Northern Mariana Islands, containing an area of 929 square meters, more or less, as shown on the Division of Lands and Survey's Official Cadastral Plat no. 002 G 03 dated May 31, 1989, Commonwealth Recorder's File no. 90-1900, the description therein being incorporated herein by

Date, Time, and Place of Sale. The sale will be held on Friday, April 27, 2018, at the hour of 1:30 p.m., at the Law Offices of Michael A. White, LLC, Joeten Center, Susupe, Saipan, Northern Mariana Islands. The sale will be open to the general public.

Terms and Conditions of Sale. The Terms And Conditions of Sale may be obtained from the undersigned, either prior to or at the sale. These terms and condition shall govern the conduct of sale

DATED, this 22nd day of March, 2018:

/s/ MICHAEL A. WHITE, Auctioneer

MARIANA ISLANDS

CIVIL ACTION

SECOND AMENDED NOTICE OF SALE

NOTICE IS HEREBY GIVEN that, pursuant to an Order issued by the Court in this matter on January 24, 2017, I will sell, at public auction, to the highest bidder, on the terms and conditions set forth hereinbelow, all of the right, title, and interest of Defendants in and to the following property: Lot no. 010 K 34, situated in Dandan, Saipan, Northern Mariana slands, containing an area of 924 square meters, more or less, as shown on DLS Check no. 010 K 01. dated August 19. 1987. Commonwealth Recorder's File no. 87-2909, the description therein being incorporated

Date, Time, and Place of Sale. The sale will be held on Friday, April 27, 2018, at the hour of 1:30 p.m., at the Law Offices of Michael A. White, LLC, Joeten Center, Susupe, Saipan, Northern Mariana Islands. The sale will be open to the general public.

Terms and Conditions of Sale. The Terms and Conditions of Sale may be obtained from the undersigned, either prior to or at the sale. These terms and conditions shall govern the conduct of sale.

DATED, this 22nd day of March, 2018

/s/ MICHAEL A. WHITE, Auctioneer

IN THE SUPERIOR COURT OF THE COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS

NORTHERN MARIANAS HOUSING CORPORATION CIVIL ACTION ANTONIO C. BARCINAS) NO. 16-0130 nd ROMONA S.N. BARCINAS Defendants.

SECOND AMENDED NOTICE OF SALE

NOTICE IS HEREBY GIVEN that, pursuant to an Order issued by the Court in this matter on September 15, 2017, I will sell, at public auction, to the highest bidder, on the terms and condition set fort hereinbelow, all of the right, title, and interest of Defendants in and to the following property: Lot no. 018 B 159, situated in . Tanapag, Saipan, Northern Mariana Island, containing an area 901 square meters, more or less, mas more particularly described on Drawings/Cadastral Plat no. 018 B29, the original of which as recorded on July, 17, 1997, as Document no. 97-1706, at the Commonwealth Recorder's Office Sainan

Date, Time, and Place of Sale. The sale will be held on Friday, April 27, 2018, at the hour of 1:30 p.m., at the Law Offices of Michael A. White, LLC, Joeten Center, Susupe, Saipan, Northern Mariana Islands. The sale will be open to the general public.

Terms and Conditions of Sale. The Terms And Conditions of Sale may be obtained from the undersigned, either prior to or at the sale. These terms and condition shall govern the conduct of sale.

DATED, this 22nd day of March, 2018:

/s/ MICHAEL A. WHITE, Auctioneer

10 MONDAY, APRIL 16, 2018 SAIPAN TRIBUNE

Opinion



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AP The Associated Press

Pacific Islands News Association

EDITORIAL

A major victory in fight to end sex trafficking

he U.S. Justice Department made a decisive strike against the leading internet sex trafficking site. And just days later on Wednesday, the president signed a bill that gives federal and state prosecutors more power to go after websites like the sinister Backpage.com, which has enabled widespread and sophisticated exploitation of women and girls.

The feds shut down the site April 6 and seven people were charged in a 93-count federal indictment for crimes related to prostitution and money laundering.

This action is a major victory in the fight to end sex trafficking of women and children. This blow ought to be fatal to the dominant marketplace for illicit commercial sex and child sex trafficking.

Backpage.com has earned hundreds of millions of dollars purveying its immoral trade in Washington and across the United States, according to federal prosecutors.

FBI Director Christopher Wray promises this website will no longer serve as a platform for human trafficking and that those who employed Backpage.com for financial gain will be held accountable for their heinous actions.

"Whether on the street or on the internet, sex trafficking will not be tolerated," Wray said in a statement, promising the investigative work would continue, with help from the U.S. Postal Inspection Service and local law enforcement.

Law-enforcement officials say Backpage.com has been one of the busiest places online for sex trafficking.

According to the National Center for Missing and Exploited Children, 71 percent of the child-sex-trafficking tips it receives from online sources involve ads on Backpage.com.

Shared Hope International, an international anti-trafficking organization, calls technology the single greatest facilitator of the commercial sex trade. Its 2017 report says Washington and a few other states are doing a good job of combating this problem. The organization commends Washington's human trafficking laws for allowing prosecution of buyers when the victim is a minor even when a case doesn't involve force, fraud or coercion. The state also increases penalties for cases involving minors and specifically mentions using electronic communications to purchase sex in the statute.

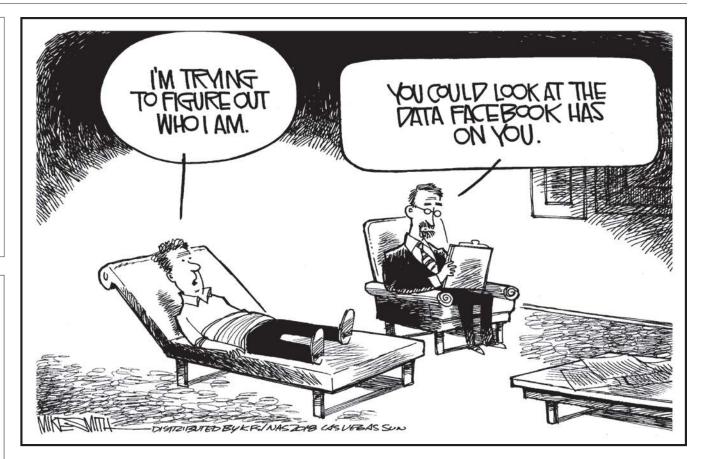
Other states are well behind Washington in this area of the law. Federal action is the key.

Previous efforts to stop Backpage.com failed. Attorney General Jeff Sessions says this time the legal action will succeed.

"We have put an end to the violence, abuse, and heartache that has been perpetrated using this site, and we have take a major step toward keeping women and children across America safe," Sessions said in a statement.

He's right. The Justice Department's recent action should be the final act of this nefarious business. Federal authorities must keep fighting until online sex trafficking is eliminated on all platforms.

(c)2018 The Seattle Times



I downloaded my Facebook data. I'm amused—and disturbed

y presence on Facebook is fairly minimal. I keep my "friends" list small—it's mostly made up of those who are also in-person friends _ and I post infrequently. So I wasn't too surprised when the social media company said I likely was not among the more than 87 million users whose data were swept up by Cambridge Analytica, a political consulting firm connected to Donald Trump and possibly Russia's interference in our 2016 election.

But as Facebook founder and CEO Mark Zuckerberg answered questions before Congress about online privacy and his company's reach, I wondered: What information does Facebook have on me?

It turns out it's a pretty easy thing to find out—and the results are both amusing and disturbing.

Under "settings" on your Facebook page, select "download a copy of your Facebook data." The company will compile it and send you an email with a download link. This took 6 minutes on Wednesday night. The next morning, I opened the index from the files I downloaded _ which included messages, photos and videos—and started clicking through memory lane.

There were 70 pages of timeline activity going back to December 2007, when I apparently joined, including more happy birthday wishes than I care to count and a July 2010 post tagging my now husband and urging him to "Dance, Sparkler Boy!" (the accompanying photo was missing, which may be a good thing for us all).

There were 35 pages of video uploads (my daughter swimming, sledding, singing); the text of message conversations I'd had with 264 people or groups of people (Hey Mom: Remember when we messaged about the Grand Canyon? Me neither. But Facebook says we did in May 2009); the many book club meetings I agreed to go to—or not—under events; and the half dozen apps I'd connected to Facebook.

The names of the Facebook friends I've kept through the years were listed, along with the dates we connected. The people I've declined as friends (and when) were there too, and the names and dates of those whose requests I accepted and later removed (apologies to my high school classmates; it seemed a good idea to link up at the time, but after reflection, not so much).

My ad topics included 15 references to BBC publications (their feeds are very entertaining).

My ads history revealed I'm a sucker for clicking on lists ("26 insanely handy products on Amazon"; "30 hilarious sarcastic responses"; "40 photos for people in need of a laugh").

And my friend peer group was deemed "Established Adult Life," which gave me greater personal satisfaction than I'm comfortable admitting.

There was also a roster of 317 companies that had uploaded

By TRICIA BISHOP
The Baltimore Sun

Tricia Bishop is The Baltimore Sun's deputy editorial page editor.

contact lists that included my information, which allowed them to then target me on Facebook with ads. Among the companies: The Washington Post, ExxonMobil and, oddly, Oklahomans for Energy Options.

And there was a contact list that appeared to have every name and number that was in my mobile phone, including friends, family and reporting sources. Through my account, Facebook had collected the numbers for my sister and mortgage broker, but also for a woman whose son was killed in Charles Village several years ago, Deputy Attorney General Rod Rosenstein (from his U.S. attorney days), various legislators and an anonymous source I'd dealt with for a series of stories in 2011 and 2012. (You can delete those contacts, by the way _ and bar Facebook from uploading more in the future _ through the "Manage Invites and Imported Contacts page." Google should be able to steer you there.)

How Facebook is using that information is unclear. The company says the contact list, which was apparently uploaded through Facebook's messenger app, "helps Facebook and Messenger make better suggestions for you and others, and helps us provide a better service." I take that to mean connecting advertisers to you consumers.

And this is where I'm reminded of the quote: "If you're not paying for it, you're not the customer, you're the product being sold."

Facebook isn't exactly overt about this, but it doesn't hide the fact either. You don't even have to download your data to see that you're a commodity. Under the "ads" tab in my Facebook settings, it shows that I've been placed into the marketing categories of "living away" from family and my hometown and being "very liberal" on U.S. politics; it shows what kind of tablets, mobile phones, operating systems and Internet browsers I use; and knows I've had a Yahoo email address.

It also lists me as "Multicultural Affinity: African American (US)," based on my Facebook activity, even though I'm white. I've since learned this means I'm shown content targeted for black communities, and, until recently, may have been excluded from content because of my "affinity." Facebook COO Sheryl Sandberg said in November that the company was at least temporarily disabling the "advertising tool" amid complaints from the Congressional Black Caucus.

I get it. Facebook makes money through ads.

And at least now I know the price for using the service. It's me—and many of you.

The question is, as the company grows bigger and more invasive, how long will we remain willing to sell?

How Medicare covers kidney disease

id you know that one in three American adults is at risk for kidney disease? Major risk factors for kidney disease include diabetes, high blood pressure, a family history of kidney failure, and being age 60 or older. The best way to fight kidney disease is to find it before trouble starts. But if you've already been diagnosed, Medicare can help you make informed decisions about your care.

The kidneys are two bean-shaped organs. Each kidney is about the size of a fist. Your kidneys filter extra water and wastes out of your blood and make urine. Kidney disease means your kidneys are damaged and can't filter blood the way they should.

If you experience kidney failure, treatments include dialysis or kidney transplant. Other kidney problems include acute kidney injury, kidney cysts, kidney stones, and kidney infections

If you have Stage IV chronic kidney disease that will usually require dialysis or a kidney transplant, Medicare covers up to six kidney disease education sessions that teach you how to take the best possible care of your organs. Topics include how to prevent complications of kidney disease, what to eat and drink, and what options you have if your kidneys get worse, like dialysis and kidney transplants.

Here's more information about how Medicare covers dialysis and transplants: https://www.medicare.gov/Pubs/pdf/10128-Medicare-Coverage-ESRD.pdf.

If you or a loved one has advanced kidney problems requiring dialysis, often known as End-stage Renal Disease, or

ESRD), finding the right care can be a challenge.

Dialysis centers can vary in the quality of care and services they provide, so it's important to understand the differences in dialysis centers in your area before you decide where to go for care. If you're already on dialysis, it's also important to understand the quality of care that your dialysis center delivers

Medicare's Dialysis Facility Compare website (https://www.medicare.gov/dialysisfacilitycompare) lets you easily search for dialysis centers, compare them side by side, and find the right one for you. You also can see how dialysis patients responded to survey questions about their dialysis center, their kidney doctor, and the center's staff.

Dialysis Facility Compare provides information on more than 6,500 centers throughout the United States. The website assigns each facility from one to five stars, based on the quality of its patient care. Five stars is the highest rating.

Dialysis Facility Compare is one of many sources of information you can use when deciding where to get dialysis. When you're looking for a dialysis center that's right for you, talk to your doctor and dialysis center staff about what this information means and how you can use it to make health care decisions.

You can protect your kidneys by preventing or managing health conditions that cause kidney damage, such as diabetes and high blood pressure. The steps described below may help keep your whole body healthy, including your kidneys.

During your next medical visit, you may want to ask your

By GREG DILL

Special to the Saipan Tribune

Greg Dill is Medicare's regional administrator for Arizona, California, Nevada, Hawaii, and the Pacific territories. You can always get answers to your Medicare questions by calling 1-800-MEDICARE (1-800-633-4227).



health care provider about your kidney health. Early kidney disease may not have any symptoms, so getting tested may be the only way to know your kidneys are healthy. Your health care provider will help decide how often you should be tested.

See a provider right away if you develop a urinary tract infection (UTI), which can cause kidney damage if left untreated.

Choose foods that are healthy for your heart and your entire body: fresh fruits, fresh or frozen vegetables, whole grains, and low-fat or fat-free dairy products. Eat healthy meals, and cut back on salt and added sugars. Aim for less than 2,300 milligrams of sodium each day. Try to have less than 10 percent of your daily calories come from added sugars.

The National Institute of Diabetes and Digestive and Kidney Diseases offers tips on making healthy food and lifestyle choices here: https://www.niddk.nih.gov/health-information/kidney-disease/chronic-kidney-disease-ckd/prevention

A Trump Trilogy

After He's Gone: Disaster at Dawn

Goofball governance from golf green to WH lawn

After Congress completes his impeachment let us hope and pray for Donald's resignation with just a few tweets and a brief news comment he could give soothing relief to the entire nation he's got plenty of moral and ethical smudges insulting people and ruining outstanding careers worse is the appointment of incompetent judges whose negative effect will be around for years hopefully he'll depart within the next three years the exact method of removal remains to be seen the nation can count on him stirring up fears despite more time out on his golf course greens 'after he's gone' and the disastrous result shows permanent damage that was done only history knows.

Gun Deaths Second Amendment Breaths

Death across dark waters death throughout the land death despite our laws big guns in the wrong hands death across the oceans death on ships on high seas off the Horn of Africa pirates do as they please in schools churches campuses and shopping malls lunatics slaughter innocents bouncing bullets off walls teenagers lead demonstrations across the nation Congress drags its legal feet in partisan frustration

meanwhile where will the next gun slaughter be who will take the blame for this senseless tragedy there are many different answers to this question which all bring up more problems and suggestions the second Amendment needs clarification today support legislation that takes assault rifles away.

Beyond Bigly Pardon: The Donald's Tale

An emergent exemplum inspired by Geoffrey Chaucer's The Pardoner's Tale, part of The Canterbury Tales, which was written between 1387 and 1400. In Chaucer's work the Pardoner says the theme (for his sermon) is, "Radix malorum est cupiditas" ("The root of evil is desire" or "greed is the root of all evil," Timothy 6:10).

PART I

Believe me let me make my purpose plain I'm president for nothing but greed and gain by using the same tweet I'm a stable genius "radix malorum est cupiditas" so I gain money without evangelical Pence and run the presidency with little common sense along with my two older sons both equally dense who take care of business under the Trump tent I'm doing great with all my moneymaking emoluments getting out on my golf courses is my secondary intent covetousness of wealth and power my favorite stuff of all my greedy desires that is more than enough a brilliant mind like mine loves dictators of old

LITERARY NOOK By JOEY 'PEPE BATBON'

CONNOLLYSpecial to the Saipan Tribune

Joey "Pepe Batbon" Connolly is a retired teacher and poet living on Tinian who taught English in CNMI public schools for the past 30 years. He has also taught in Alaska, New Orleans, and Las Vegas.



they're the type I remember, copy, and behold.

PART II

Don't you know they will believe whatever I say I'll get more of their money day after day I will tweet and gain greenbacks in perpetuity never failing to gather every generous gratuity just let me blab and grab from rally to rally and skip my presidential duties forward I sally yes, to pick up more votes in green states again is my main strategy I don't speak in vain I want more money Russian rubles and gold I'll make any deal that results in something sold in fact I've got a few towers up for sale buy a few bring a good conclusion to my tale that's all I have to say since I know I'm winning keep the media away, my second year is beginning.

LETTER TO THE EDITOR

All for Peter and nothing for Paul politics

Many have heard the phrase "robbing Peter to pay Paul," which is what is happening to Rota in the recent decision to give Saipan and Tinian \$13 million but not a penny for Rota. I submit that Rota's decline in the number of citizens was the prime factor that drove this decision because the small voting numbers will have very little effect on who will actually run and have the power in the CNMI. To put it in simple terms, it's the ugly unchecked power politics of the CNMI.

Rota was only asking for \$3.846 of every hundred dollars that Saipan and Tinian will split from the \$13 million. The Legislature should be ashamed to be so greedy simply because they have a GOP supermajority of the power and even the former

independent politicians are joining just so they can win. Greed is a deadly sin especially when it is wrapped in power. I'm sure anyone with common sense and objective and fair mind will see how greed is really showing its ugly face with this truly unfair treatment of Rota. It is easy to see why Rota is suffering so much from the lack of funding due to its shortage of political real estate. But I truly believe that one day the true reality about Rota will emerge as Rota is the true gateway to the CNMI. The Chamorro culture was and still may be the strongest on Rota, Rota is situated closer to Guam and the majority of tourist to the Marianas, Rota's lifestyle is more representative of the archaic island lifestyle that many tourists want to experience. Many tourist would actually prefer islands like Rota and Tinian over the island of Saipan and Guam, which are now full of traffic and even traffic jams. But Rota does not have the infrastructure to get tourists, nor the basic food commodities and other supplies to the island—if only Rota could get a little real help with their tourism as Rota should get a lot more than they are asking! Furthermore, saying that Rota gets some funding from MVA does not mean they are getting enough as they need all they can get to improve the quality of life and to improve their tourism industry.

Given that the split of the \$13 million is pure politics, I am wondering why the senators from Rota and Tinian didn't stick

together as they have in the past to make sure they got their fair share. Asking Rota to wait is like asking them to wait for progress and everyone knows that Rota needs the help the most! It reminds me of how people with disabilities were once put at the end of the priority line until there was a great awakening as to how ugly our society had been treating people with disabilities. Well, there needs to be an awakening for Rota as it is common knowledge that Rota is truly facing desperate times with far more hardship than Saipan or Tinian. If this was a critical budget issue and there was a shortage of funds I could understand it but this is about dividing up extra money.

Walking out on what was clearly a political ambush was just one way of protesting and making a statement as we might not have heard about it until it was over if the senator hadn't walked out. But it also means he lives to fight another day for bringing attention to this issue. Anyway, taking from Rota to give to Saipan and Tinian who are better off is just not right. I hope the Senate will take heed when it comes to dividing money between the islands of the CNMI. I think most citizens always want our leaders to do the right thing.

Ambrose M. Bennett

Kagman, Saipan

12 MONDAY, APRIL 16, 2018 SAIPAN TRIBUNE

The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN





87° **▼77°**





▼77°

▲ 87°



▼77° **▲** 88°

YESTERDAY'S SATELLITE IMAGE

▼76°



PICTURE TIME: 6:24 AM, SUNDAY, APRIL 15, 2018

Western North Pacific between equator and 25N from 130E to 180

Rainy day on tap for the Marianas, especially in the morning. The showers could start to thin out later in the day, and by around midnight they should be trending toward isolated coverage as the disturbance to our south continues to pull away. The diminishing winds did allow the small craft advisory to be canceled. The rest of the forecast looks like a return to normal dry season conditions. The very long range ensembles are hinting at an increase in showers again around the end of the month, which is more than a little speculative. Winds will continue the slow decreasing trend that is ongoing right now for the next few days.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: www.prh.noaa.gov/guam/

MICRONESI	A	▲ ▼°F
Guam and Rota	Thunderstorm	86° / 78°
Palau	Thunderstorm	85° / 77°
Yap	Thunderstorm	85° / 79°
Chuuk	Thunderstorm	86° / 81°
Pohnpei	Thunderstorm	85° / 77°
Kosrae	Thunderstorm	85° / 77°
Majuro	Thunderstorm	85° / 79°

Majuro	Thunderstorm	85° / 79°
AROUND TH	E GLOBE	_ ▼ °F
Auckland	Partly Cloudy	72° / 61°
Beijing	Windy	77° / 52°
Hong Kong	Rain	75° / 70°
Honolulu	Showers	80° / 72°
London	Partly Cloudy	64° / 48°
Los Angeles	Showers	69° / 51°
Manila	Partly Cloudy	95° / 79°
Melbourne	Cloudy	61° / 50°
Miami	Sunny	79° / 75°
New York	Thunderstorm	57° / 42°
Osaka	Showers	64° / 55°
Paris	Mostly Cloudy	68° / 50°
Busan	Rain	63° / 46°
Rome	Rain	66° / 54°
Salem	Sunny	63° / 41°
San Francisco	Sunny	62° / 50°
Seoul	Partly Cloudy	64° / 45°
Tokyo	Showers	64° / 55°
Washington, DC	Showers	59° / 41°



Anonymous tips can now be submitted through the following:

- Call 234-7272 (PARA) on any telephone ■*11 on any IT&E cellular phone
- Log on to the internet at www.nmicrimestoppers.net

TIDES: SAIPAN HARBOR TODAY FEET			
1:52 AM	LOW TIDE	0.42	
7:42 AM	HIGH TIDE	1.97	
2:16 PM	LOW TIDE	0.14	
8:24 PM	HIGH TIDE	1.97	

DAY	SUNRISE	SUNSET
Today	6:02 AM	6:31 PM
Tuesday	6:01 AM	6:31 PM
Wednesday	6:01 AM	6:31 PM
Thursday	6:00 AM	6:32 PM
Friday	6:00 AM	6:32 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	6:08 AM	6:44 PM	-
Tuesday	6:52 AM	7:41 PM	-
Wednesday	7:40 AM	8:39 PM	-
Thursday	8:31 AM	9:39 PM	-
Friday	9:26 AM	10:40 PM	-

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DEI AITI GITEG				
SAIPAN-GUAM (GUM)				
UA6394	4:15am	5:05am	Daily	
UA6392	8:40am	9:30am	Daily	
UA6391	1:30pm	3:10pm	1, 4, 5, 7 via Rota	
UA6390	2:20pm	3:10pm	2, 3, 6	
UA6398	6:05pm	6:55pm	Daily	
UA6396	9:50pm	10:40pm	Daily	

SAIPAN-RO	TA (RO	P)	
UA6391	1:30pm	2:05pm	

ROTA (ROP)-GUAM (GUM UA6391 2:35pm 3:10pm 1, 4, 5, 7

SAIPAN	-NARITA (N	IRT)	
DL297	4:20pm	7:15pm	Daily

SAIPAN-BUSAN (PUS) 7C3451 3:10am 6:10am 1, 7 7C3451 4:00am 7:05am 4, 5

SAIPAN-SEOUL (ICN)			
TW308	2:00am	6:05am	Daily
0Z626	2:10am	6:00am	1
0Z626	2:50am	6:40am	2, 3, 4, 5, 6, 7
LJ652	3:40am	7:30am	1, 4, 5, 7
7C3403	4:45am	8:30am	Daily

Daily

SAIPAN-S	HANGH/	AI (PVG)	
3U8648	5:40am	8:40am	1. 4. 5. 7

4:00pm 7:45pm

SAIPAN-HANGZHOU (HGH) ID396 7:30am 12:00pm 4:50pm 10:00pm JD396

7C3401

SAIPAN-GUANGZHOU (CAN) 3U8646 4:20am 7:30am

SAIPAN-	BEIJING (PEK)		
M11764	1-30am 6-35am	3 5 7	

	SAIPAN-MA	ANILA (I	MNL)	
	0Z626/701 2:10am		10:55am	1 via ICN
	0Z626/701	2:50am	10:55am	2, 3, 4, 5, 6, 7 via ICN
	UA6394/191	4:15am	9:00am	2, 3, 6, 7 via GUM
	UA6394/PR111	4:15am	8:10am	7 via GUM
ı	UA6394/PR111	4:15am	9:20am	1, 2, 3, 4, 5, 6 via GUM
ı	UA6398/183	6:05pm	9:40pm	2, 5 via GUM
ı	UA6398/183	6:05pm	9:50pm	1, 3, 4, 6, 7 via GUM
ı	UA6398/193	6:05pm	11:50nm	2. 5 via GUM-ROR

SAIPAN-HONG KONG (HKG)							
HX077	1:50am	5:15am	1, 4				
0Z626/721	2:10am	11:50am	1 via ICN				
0Z626/721	2:50am	11:50am	2, 3, 4, 5, 6, 7 via ICN				
U043	5:45am	8:40am	1, 3, 5, 7				
UA6398/159	6:05pm	11:00pm	1, 3, 5, 6 via GUM				

ARRIVALS GUAM (GUM)-SAIPAN UA6393 2:45am 3:35am Daily UA6395 7:15am 8:05am 1, 4, 5, 7 UA6391 12:10pm 1:00pm UA6390 2, 3, 6 via Rota 12:10pm 1:50pm UA6397 4:45pm 5:35pm Daily UA6399 8:30pm 9:20pm Daily

GUAM (GUM)-ROTA (ROP)

UA6390 12:10pm 12:45pm 2, 3, 6

RUTA (ROP)-SAIPAN					
UA6390		1:50pm	2, 3, 6		

NARITA (NRT)-SAIPAN					
DL298	10:30am	3:05pm	Daily		

BUSAN (PUS)-SAIPAN	

7C3452

7C3452	9:05pm	2:10am+1	3, 6, 7	
SEOUL (I	CN)-SAIP	AN		
7C3402	9:30am	3:00pm	Daily	

9:00pm 2:10am+1 4

7C3402	9:30am	3:00pm	Daily
0Z625	7:40pm	1:00am+1	7
7C3402 0Z625 TW307 0Z625	7:45pm	1:00am+1	Daily
0Z625	8:20pm	1:40am+1	1, 2, 3, 4, 5, 6
LJ651	9:10pm	2:40am+1	3, 4, 6, 7
∐651 7C3404	10:10pm	3:40am+1	Daily

SHANGHAI (PVG)-SAIPAN 10:20pm 4:30am+1 3, 4, 6, 7

HANGZHOU (HGH)-SAIPAN				
JD395	8:25am		4	
IDOOL	0.55	Γ ΛΛ 1	7	

נונטונ	J:JJpiii	J:00aiii+1	,
GUANGZI	HOU (CAI	N)-SAIPA	N

3U8645 7:40pm 3:00am+1 1,5

BEIJING (PEK)-SAIPAN 4:25pm 12:30am+1 2, 4, 6

	MANILA (N	INL)-SA	IPAN	
	UA182/6395	12:40am	8:05am	3, 6 via GUM
	UA190/6397	9:55am	5:35pm	2, 3, 6, 7 via GUM
	0Z702/625	12:25pm	1:00am+1	7 via ICN
	0Z702/625	12:25pm	1:40am+1	1, 2, 3, 4, 5, 6 via ICN
П	PR110/UA6395	10:05pm	8:05am+1	Daily via GUM
	UA192/6395	10:30pm	8:05am+1	2, 5 via ROR-GUM
	UA184/6395	10:55pm	8:05am+1	1, 3, 4, 6, 7 via GUM

HONG KONG (HKG)-SAIPAN					
	OZ722/625 1:15p		1:00am+1	7 via ICN	
	0Z722/625	1:15pm	1:40am+1	1, 2, 3, 4, 5, 6 via ICN	
	HX076	5:15pm	12:15am+1	3, 7	
	U042	6:50pm	1:45am+1	7	
	U042	9:30pm	4:25am+1	2, 4, 6	
	UA116/6395	11:55pm	8:05am+1	1, 3, 5, 6 via GUM	

LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); 3U Sichuan (1), Saturday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6), Saturday (7); 3U Sichuan (1), Saturday (8), Saturday (8), Saturday (8), Saturday (8), Saturday (8), Saturday (8), Saturday (9), Saturday (9),Airlines, 7C Jeju Air, DL Delta Airlines, JD Beijing Capital, UO HK Express, HX HongKong Airlines, LJ Jin Air, MU China Eastern, OZ Asiana Airlines, TW t'way Air, UA United Airlines, PR PAL Express; ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. (The Saipan Tribune is not responsible for any changes in the schedule.)

	STAR MARIANAS AIR, INC.						
SAIPAN T FLIGHT # 1301 1302 1303	DEPARTURE 7:30AM 11:30AM 4:00PM	ARRIVAL 8:00AM 12:00PM 4:30PM	FREQUENCY Daily Daily Daily	1204 1205 1206 1207 1208 1209	10:00AM 11:00AM 12:00PM 1:00PM 2:00PM 3:00PM	10:15AM 11:15AM 12:15PM 1:15PM 2:15PM 3:15PM	Daily Daily Daily Daily Daily Daily
ROTA TO FLIGHT # 3101	DEPARTURE 8:15AM	ARRIVAL 8:45AM	FREQUENCY Daily	1210 1211 1212	4:00PM 5:00PM 6:00PM	4:15PM 5:15PM 6:15PM	Daily Daily Daily
3102 3103 ROTA TO	1:45PM 4:45PM GUAM	2:15PM 5:15PM	Daily Daily	FLIGHT # 2102	O SAIPAN DEPARTURE 7:30AM	ARRIVAL 7:45AM	FREQUENCY Daily
FLIGHT # 3401 GUAM TC	DEPARTURE 12:15PM ROTA	ARRIVAL 12:45PM	FREQUENCY Daily	2103 2104 2105 2106	8:30AM 9:30AM 10:30AM 11:30AM	8:45AM 9:45AM 10:45AM 11:45AM	Daily Daily Daily Daily
FLIGHT # 4301 SAIPAN T	DEPARTURE 1:00PM	ARRIVAL 1:30PM	FREQUENCY Daily	2107 2108 2109	12:30PM 1:30PM 2:30PM	12:45PM 1:45PM 2:45PM	Daily Daily Daily
FLIGHT # 1201 1202 1203	DEPARTURE 7:00AM 8:00AM 9:00AM	ARRIVAL 7:15AM 8:15AM 9:15AM	FREQUENCY Daily Daily Daily	2110 2111 2112 2113	3:30PM 4:30PM 5:30PM 6:30PM	3:45PM 4:45PM 5:45PM 6:45PM	Daily Daily Daily Daily

SAIPAN TRIBUNE MONDAY, APRIL 16, 2018 **13**

Citizenship ceremony sees 23 new US citizens



U.S. District Court for the NMI designated Judge Roberto C. Naraja, CNMI Bar Association president Charles Brasington and Immigration Services officer Shelia Kelty pose with the 23 new U.S. citizens during the naturalization ceremony last Thursday.

By FERDIE DE LA TORRE

After 41 years of working as an electrician in the CNMI, Reynaldo Y. Maniacop finally obtained U.S. citizenship last Thursday.

Maniacop, 65 and originally from Bulacan, Philippines, first arrived on Saipan in 1977, and worked as an electrician for Sablan Construction until 1980. He then moved to Rota,

where he worked for six years, then returned to Saipan to work for several years at a construction company of his brother and at Island Fiesta Food.

Since 1996 until the present, Maniacop has been working for TanHoldings Corp.—first at its garment factories then at Realty Management Services.

It was in 1986 when he met his wife, Lydia, on Saipan. They have five children, who were all born here.

Lydia Maniacop, who originally hailed from Leyte, also took her oath Thursday as a U.S. citizen.

Reynaldo Maniacop is just happy that he can now vote in the CNMI.

For 63-year-old Peter Kwok Ho Tche, who is a native of Hong Kong, obtaining his citizenship is a dream come true.

"I feel excited," said Tche, who recalled that he first came to Saipan in 1983, when he worked as a chief accountant at Hyatt Regency Saipan.

Tche and his wife, Violeta P. Che, have three children.

Tche said his last name is Che. but the Hong Kong government changed it to Tche when Hong Kong was returned to China.

Violeta Che, who originally hailed from Nueva Ecija, also took her oath Thursday as a U.S. citizen.

Violeta Che, 51, said she is excited because she can now vote. She first arrived on Saipan in 1986 when she worked as a waitress at Jade Garden.

The Maniacop couple and

Peter Tche and Violeta Che were among the 23 persons who took their oaths Thursday as freshly-minted U.S. citizens during a naturalization ceremony at the U.S. District Court for the NMI.

Designated Judge Robert C. Naraja presided over the ceremony. CNMI Bar Association president Charles Brasington served as the guest speaker.

Immigration Services officer Shelia Kelty moved to accept the new citizens. Naraja granted the motion.

Aside from the Maniacops and the Tche and Che couple, the other new citizens were Kyung Ah Kim Thompson, Janeth S. Arcangel, Eun Ho Baek, Zenaida C. Borja, Wanda L. Catalla, Andrea Z. Dayrit, Henry F. Del Rosario, Angelita P. Feliciano, Kuen Hee Han, Evelyn M. Itibus, Marilyn A. Isip, Reynaldo M. Isip, Pui Wen Lam, Xuanbo Lu, Rosita P. Macabugao, Rosalie R. Masga, Rosalima C. Oliva, Manju Pandey, and Catherine I. Scallamera.



MENTORSHIP AWARD CONTRIBUTED PHOTO

U.S. Coast Guard lieutenant and Mount Carmel School Alum-Knight Christine Torres Igisomar, right, recently received the Rear Admiral Joseph Vojvodich Mentoring Award from the Coast Guard Academy. Igisomar received the award from Rear Adm. Joseph Vojvodich himself, left.

Bordallo statement on the passing of ex-Guam lieutenant governor Reyes

HAGÅTÑA, Guam—Delegate Madeleine Z. Bordallo (D-GU) issued the following statement yesterday on the passing of former lieutenant governor of Guam, Eddie Reyes.

"I was saddened to hear of the passing of Lt. Gov. Eddie Reyes. ... I had the pleasure of knowing Eddie for many years and the opportunity to work alongside him as Ricky's lieutenant governor. Eddie a true statesman

loved our island of Guam and people dearly. He was a member of our greatest generation, served in the U.S. Air Force and fought in the Vietnam War. Eddie always answered the call to serve bravely. He was a decorated war hero and retired Air Force colonel. Though he was not a politician, Ricky and I saw something special in Eddie, and knew he was the man to serve as lieutenant governor alongside him. And when

called to serve as lieutenant governor, Eddie once again answered bravely.

"Eddie truly embodied their campaign slogan, 'People First.' He always put the people of Guam first. Eddie was not just Ricky's lieutenant governor, but our dear friend and mentor to me. I looked to Eddie often for guidance when I followed in his footsteps as lieutenant governor. His work as lieutenant governor and

throughout his life was an example of selflessness and service that I will always treasure.

"He was a man of compassion and integrity and served the island of Guam faithfully. Together with my daughter Deborah and my granddaughter Nicole, I extend my sincere condolences to his wife Lupe and their family. I know Eddie's legacy will continue to inspire us and live on in the hearts of the people of Guam

USCIS completes the H-1B cap random selection

On April 11, U.S. Citizenship and Immigration Services used a computer-generated random selection process to select enough H-1B petitions to meet the congressionally-mandated cap and the U.S. advanced degree exemption, known as the master's cap, for fiscal year 2019.

USCIS received 190,098 H-1B petitions during the filing period, which began April 2, including petitions filed for the advanced degree exemption.

USCIS announced on April 6, that it had received enough H-1B petitions to reach the statutory cap of 65,000 and the master's cap of 20,000.

USCIS will reject and return all unselected petitions with their filing fees unless the petition is a prohibited multiple filing.

USCIS conducted the selection process for the master's cap first. All unselected master's cap petitions then became part of the random selection process for the 65,000 cap.

USCIS will continue to accept and process petitions that are otherwise exempt from the cap. Petitions filed for current H-1B workers who have been counted previously against the cap, and who still retain their cap number, will also not be counted towards the fiscal year 2019 H-1B cap.

USCIS will continue to accept and process petitions filed to:

- Extend the amount of time a current H-1B worker may remain in the United States;
- Change the terms of employment for current H-1B workers;
- Allow current H-1B workers to change employers; and
- Allow current H-1B workers to work concurrently in a second H-1B position.

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Over 2K participate in Red Cross' Walkathon

By KIMBERLY A. BAUTISTA kimberly_bautista@saipantribune.com REPORTER

The American Red Cross NMI Chapter's 32nd Walkathon drew over 2,000 community members on Saipan alone.

American Red Cross NMI Chapter executive director John Hirsch said that there were about 3,000 individuals who participated from Saipan, Tinian, and Rota and a little over 2,000 of that were from Saipan, making this year's walkathon turnout better than expected—from the weather, down to the amount of participants the event garnered.

"It turned out awesome. It was kind of beyond our expectations. We had a beautiful morning and there's well over 2,000 people here on Saipan," he said.

Hirsch attributed the walk-



Subway and Coca Cola booths at the American Red Cross 32nd Annual Walkathon.

athon's success to the amount of new activities incorporated into this year's festivities. There were three bounce houses, carnival games, and a pet adoption booth courtesy of Saipan Cares for Animals. There were also free canoe rides, courtesy of *Okeanos Marianas* and 500 Sails.

"People understand the Red Cross and what our mission is here in the community...so the community responds and helps us by supporting us to meet our financial goals and to keep this wonderful event running for 32 years," he said.

According to Hirsch, the goal this year was to raise \$60,000 and he is hopeful they will achieve it. Last year, the chapter raised over \$70,000.

About 30 schools participated in last year's walkathon and Hirsch said about the

same number of schools participated again this year.

The walkathon raises funds for the American Red Cross so it could continue its humanitarian work and promote healthy living. The event included the regular exhibits for health screenings such as blood pressure, eye screening, blood sugar

levels, and flu vaccinations.

The amount of money raised this year has yet to be counted and will be announced this week.

The exact amount of registrants and school with the highest number of walkers will also be announced within this week, according to Hirsch.



The American Red Cross 32nd Annual Walkathon also offered free immunization shots



The Joeten Kiyu-Public Library coloring station at the American Red Cross 32nd Annual Walkathon.



Free blood pressure and blood sugar checks at the American Red Cross 32nd Annual Walkathon.

KIMBERLY A. BAUTISTA



Prospective patrons check out the Joeten-Kiyu Public Library booth at the American Red Cross 32nd Annual Walkathon.

KIMBERLY A. BAUTISTA



The Commonwealth Healthcare Corp. booth at the American Red Cross 32nd Annual Walkathon.

KIMBERLY A. BAUTISTA



Bounce houses at the American Red Cross 32nd Annual Walk-

The Saipan Cares for Animals booth showed animals up for adoption.



Carnival games at the American Red Cross 32nd Annual Walkathon.

SAIPAN TRIBUNE MONDAY, APRIL 16, 2018 **17**

Business

Facebook CEO didn't have all the answers for Congress

NEW YORK (AP)—Face-book CEO Mark Zuckerberg often came across as one of the smartest people in the room as he jousted with U.S. lawmakers demanding to know how and why his company peers into the lives of its 2.2 billion users. But while some questions were elementary, others left Zuckerberg unable to offer clear explanations or specific answers.

A series of tough inquiries about how much personal information Facebook vacuums up on and off its social network seemed particularly vexing for Zuckerberg, who couldn't quantify it. He was vague about whether Facebook was a monopoly and whether it would offer an ad-free option, as well as about how the company could offer the same level of privacy protection to users around the world.

Zuckerberg squirmed when pressed about a 2011 agreement with the Federal Trade Commission that was designed to force Facebook to tighten its privacy controls. While maintaining that Facebook had adhered to the terms of the settlement, Zuckerberg repeatedly conceded that the company still made mistakes that led to the personal details about 87 mil-Facebook users being turned over to Cambridge Analytica, a data-mining firm tied to President Donald Trump's 2016 campaign.

Prodded by the Cambridge



Facebook CEO Mark Zuckerberg testifies before a joint hearing of the Commerce and Judiciary Committees on Capitol Hill in Washington, Tuesday, April 10, 2018, about the use of Facebook data to target American voters in the 2016 election.

scandal, the FTC is now investigating whether Facebook violated their agreement. If Facebook did, it could be fined \$40,000 per infraction.

Lawmakers also got Zuckerberg to acknowledge that government regulation of Facebook and other internet companies is "inevitable," although he was vague about what kind of rules he believes are needed or what he would support. He brushed off suggestions that Facebook has built a monopoly but didn't identify the company's competitors. Instead, he asserted without elaborating that "the average American uses eight different apps to communicate with their friends and stay in touch with people." He didn't mention whether those other apps included Facebook's own Messenger, as well as Instagram and WhatsApp, which are also both owned by Facebook.

Zuckerberg also didn't rule out the possibility that Facebook might eventually offer a version giving people the option of paying a monthly fee in exchange for not having their personal information mined for advertising. Sheryl Sandberg, Facebook's chief operating idea, floated the idea in an interview with NBC before Zuckerberg appeared in Congress.

Although Zuckerberg didn't elaborate, the concept would be similar to what both videostreaming service Hulu and music-streaming service Spotify already do by offering a free version supported by ads or a commercial-free version that requires a subscription.

Trump convenes task force to study US Postal Service

WASHINGTON (AP)—After weeks of railing against online shopping giant Amazon, President Donald Trump signed an executive order Thursday creating a task force to study the United States Postal Service.

In the surprise move, Trump said that USPS is on "an unsustainable financial path" and "must be restructured to prevent a taxpayerfunded bailout."

The task force will be assigned to study factors including USPS's pricing in the package delivery market and will have 120 days to submit a report with recommendations.

The order does not specifically mention Amazon or it owner, Jeff Bezos. But Trump has been criticizing the company for months, accusing it of not paying its fair share of taxes, harming the postal service, and putting brick-andmortar stores out of business. Trump has also gone after Bezos personally and accused

The Washington Post, which he owns, of being Amazon's "chief lobbyist."

"Only fools, or worse, are saying that our money losing Post Office makes money with Amazon. THEY LOSE A FORTUNE," he tweeted earlier this month, declaring: "This will be changed."

The U.S. Postal Service has indeed lost money for years, but package delivery has actually been a bright spot for the service.

Boosted by e-commerce, the postal service has enjoyed double-digit revenue increases from delivering packages. That just hasn't been enough to offset pension and health care costs as well as declines in first-class letters and marketing mail, which together make up more than two-thirds of postal revenue.

Still, Trump's claim the service could be charging more may not be entirely far-fetched. A 2017 analysis by Citigroup concluded that the

postal service, which does not use taxpayer money for its operations, was charging below market rates as a whole on parcels. Still, federal regulators have reviewed the Amazon contract with the postal service each year, and deemed it to be profitable.

In a statement, USPS appeared to welcome the review, saying, "While these recommendations are being developed and then considered by the president and Congress, it remains necessary to put the Postal Service on firmer financial footing through immediate legislative and regulatory reform."

"To ensure that we can continue to provide prompt, reliable, and efficient universal postal services in a self-sufficient fashion in today's increasingly digital world, fundamental statutory reforms to the structure under which we are required to operate are needed," the statement read.

Nation

Teacher rebellion tests GOP grip on Kentucky

FRANKFORT, Ky. (AP)— Three years ago, Robin Cooper voted for Kentucky Republican Gov. Matt Bevin. On Saturday, she vowed not to do it again.

The occupational therapist in Kentucky's second largest school district has been one of the thousands of educators protesting at the state Capitol in recent weeks to oppose changes to their pension system and to ask lawmakers for more school funding.

They lost the pension fight, but Friday more than 30 school districts across the state closed so teachers could travel to the Capitol and ask Republican lawmakers to override Bevin's veto of a two-year operating budget that included increased classroom spending. They did. Bevin responded by guaranteeing somewhere a child had been sexually assaulted, ingested poison or used illegal drugs because they were left home along by single parents who could not afford to find child care on short notice

"This is not what I would have voted for had I known he was going to harass and try to ridicule and try to intimidate teachers," Cooper said. "That makes me second guess his character and his vision for the Kentucky that I want."

After electing a Republican governor in 2015 and giving the party full control of the state legislature for the first time in 2016, it seemed the GOP had solidified its grip on Kentucky for years to come. But the legislature's rush to change the state's troubled public pension system, coupled with Bevin's burn-the-bridges approach to politics, has led to a wave of protests and prompted at least 40 current and former teachers to run for public office this year most of them Democrats.

Kentucky is one of several states, including West Virginia, Oklahoma and Arizona, to be roiled by teacher protests in recent weeks. The surge of activism is enough to cast doubts on whether Republicans can keep control of the state House of Representatives in the fall and whether Bevin, an ally of the Trump administration, could survive a re-election

campaign in 2019.

Bevin has not said if he will seek a second term. Representatives in his office did not respond to an email seeking comment.

Republican Rep. Melinda Gibbons Prunty, one of 17 new GOP members who ousted Democratic incumbents in 2016, said Saturday she did not know if Bevin's political future is in doubt. But she knows her own reelection is in trouble.

"I'm embarrassed by (Bevin's comments). I can't defend it," she said. "I felt like we were finally getting some calm and he just kind of, you know, stirs the hornets' nest."

In one of its final acts of 2018, the Kentucky House of Representatives, where Republicans hold 63 of out of 100 seats, approved two resolutions formally condemning Bevin's comments. Republican Senate President Robert Stivers called Bevin's comments "indefensible." But he scoffed at the notion of Republican rule being in jeopardy.

911: Man kills daughter who was also his wife after breakup

NEW MILFORD, Conn. (AP)—A man killed his wife—who was also his daughter—and their 7-monthold son and then took his own life after she broke up with him, according to a 911 call.

Steven Pladl's mother called police in North Carolina to say she'd had a disturbing call from him and to ask officers to check on the wellbeing of her infant grandson.

The mother told police Pladl said he'd killed his baby in Knightdale, North Carolina, and his 20-year-old daughter and her adoptive father, who were shot in Connecticut. Pladl's mother said he was upset because his daughter had broken up with him. The slain infant had been born of the relationship between Steven Pladl and his daughter Katie Pladl.

"I can't even believe this is happening," said Steven Pladl's mother, whose name was redacted from the recording of the 911 call released by police in Cary, North Carolina.

The woman asked police to check on her grandson, Bennett Pladl. She said Steven Pladl had told her that he left a key under the front mat.

"He told me to call the police, that I shouldn't go over there," she said.

Police found the baby dead, alone in the house. Authorities have not said how the baby was killed.

"We're trying to make sense of all the factors that led up to this senseless taking of life," Knightdale police Chief Lawrence Capps said.

The 911 call came shortly after witnesses in rural western Connecticut reported

hearing what sounded like semi-automatic gunfire Thursday morning. Inside a pickup truck with the window shot out police found the bodies of Katie Pladl and her adoptive father, 56-year-old Anthony Fusco.

Steven Pladl had contacted his daughter's adoptive family in Wingdale, New York, on Wednesday night and said he would be going to see them, said Shawn Boyne, chief of police in New Milford, Connecticut. Katie Pladl and Fusco were shot as they were out running errands.

Police said Steven Pladl later was found dead of a selfinflicted gunshot wound in a minivan across the state line in Dover, New York.

Steven Pladl and Katie Pladl had been arrested on incest charges out of Henrico County, Virginia, in January.

Since the arrests, their son had been in the custody of Steven Pladl's mother. Knightdale police said the boy was last seen alive by his grandmother on Wednesday night, when Steven Pladl asked to take him home to Knightdale, telling his mother he planned to speak with his daughter via Skype.

Steven Pladl previously was married to Katie Pladl's mother. He told her last year that he had impregnated their daughter and planned to marry her after obtaining a divorce, the Richmond Times-Dispatch reported. As a child Katie Pladl had been adopted by a family out of state, but after turning 18 she reached out to her birth parents through social media and expressed an interest in getting to know them.

18 MONDAY, APRIL 16, 2018 SAIPAN TRIBUNE

Asia

Taiwan leader inspects navy as China prepares drills

TAIPEI, Taiwan (AP)—Taiwanese President Tsai Ingwen reviewed military drills Friday ahead of planned war games by China amid rising tensions between the rivals.

Tsai went aboard a U.S.-made destroyer in the port of Su'ao as the island's armed forces simulated breaking a blockade of the self-ruled island.

China, which claims Taiwan as its territory, has scheduled live-fire war games in the Taiwan Strait for next Wednesday. That follows Beijing's heated objections to U.S. moves to strengthen relations with Taiwan's democratic, independence-leaning government.

Despite a lack of formal ties, Washington is legally bound to respond to threats to Taiwan and is the island's main supplier of foreign military hardware.

nounced the recent passage of a U.S. law encouraging more high-level government contacts with Taiwan, saying that violates U.S. commitments not to restore formal exchanges severed when Washington switched diplomatic recognition from Taipei to Beijing in 1979.

An agreement to provide Taiwan with submarine manufacturing technology and the appointment of hawkish National Security Adviser John Bolton have also hardened views among anti-America nationalists in China.

In a reiteration of China's military resolve, President Xi Jinping spoke about the importance of naval power while attending a massive fleet review on Thursday in the South China Sea.

"The mission of building a mighty people's navy Chinese officials have de- has never been more urgent dom from fear and coercion."

than it is today," Xi, dressed in army fatigues, said in remarks delivered on the helicopter deck of one of China's most advanced destroyers. "Strive to make the people's navy a first-rate world navy."

During the Chinese sea drills, a U.S. aircraft carrier, the USS Theodore Roosevelt, and several escort ships sailed in the South China Sea in a display of America's naval might. It later visited Manila and hosted Philippine government and military officials in a reception Friday night.

"The Theodore Roosevelt is a symbol of our commitment to protecting the enduring values that have generated so much prosperity in this amazing region," U.S. Ambassador to Manila Sung Kim said. "Values and principles like freedom of navigation, freedom of commerce and free-

tries voted against the Russian draft—the U.S., U.K., France, Netherlands, Sweden, Kuwait, Poland and Ivory Coast. Four countries abstained—Ethiopia, Kazakhstan, Equatorial Guin-

a week on chemical weapons in Syria, Russia and its strating Assad's culpability."

World

UN rejects Russian attempt to condemn US aggression in Syria

UNITED NATIONS (AP)—The U.N. Security Council overwhelmingly rejected a Russian resolution calling for condemnation of "aggression" by the United States, United Kingdom and France against Syria on Saturday, a vote reflecting support for the allied airstrikes on Syrian chemical sites.

But the vote at the end of an emergency meeting called by Russia also demonstrated again the paralysis of the U.N.'s most powerful body in dealing with Syria's seven-year conflict.

Russia's demand for condemnation and an immediate halt to "aggression" and "any further use of force" by the three Western allies got support from only two other countries on the 15-member Council—China Security and Bolivia.

By contrast, eight counea and Peru.

At the meeting, the fifth in



supporters again clashed with the U.S. and its allies over a suspected poison gas attack on April 7 in the Damascus suburb of Douma.

The U.S., U.K. and France said they launched airstrikes against Syrian chemical sites after obtaining evidence that a chemical weapon was used by President Bashar Assad's government. Russia and its ally Syria called the attack fabricated and said no evidence of chemical weapons use exists in Douma.

U.S. Ambassador Nikki Haley told the council "there is clear information demon-

And she said President Donald Trump told her Saturday morning that if the Syrian regime uses poisonous gas again "the United States is locked and loaded" to strike again.

"When our president draws a red line, our president enforces the red line," Haley stressed. "The United States of America will not allow the Assad regime to continue using chemical weapons."

France's U.N. Ambassador Francois Delattre said the result of the vote sends "a clear message" that Security Council members recognized the need for the airstrikes, "their proportional and targeted nature."

"And what's most important is no one contests that the use of chemical weapons cannot be tolerated and must be deterred," he said. "That is essential.'

Russia's U.N. Ambassador Vassily Nebenzia said the meeting confirmed that the U.S. and its allies "continue to put international politics and diplomacy in the realm of myth-making myths invented in London, Paris and Washington."

Child's rape, killing in India mired in religious politics

SRINAGAR, India (AP)— The girl, just 8 years old, was grazing her family's ponies on a chilly January day in the forests of the Himalayan foothills when she was kidnapped. Her raped and mutilated body was found in the woods a week later.

In 2012, the fatal gang rape of a young woman in the heart of India's capital moved hundreds of thousands of Indians to take to the streets to demand stricter rape laws.

But the gang rape, torture and death of a Muslim girl in Indiancontrolled Kashmir has seen far different protests: Thousands of members of a radical Hindu group with links to the ruling party have marched to demand the release of the six men accused in the repeated rape and killing of the girl inside a Hindu temple. Hundreds of Hindu lawyers have protested that the men, two of them police officers, are innocent.

The girl, who was savaged in the attacks, had enormous eyes, a quiet smile and one name: Asifa. The Associated Press doesn't usually identify victims of sexual violence but her name has been widely reported in the Indian media.

There have always been differences between India's Muslim minority and Hindu majority in this constitutionally secular nation of 1.3 billion. Violence has flared sporadically over the decades since India gained freedom from Britain in 1947, sparking bloody religious riots as the

subcontinent was partitioned to create largely Hindu India and largely Muslim Pakistan.

For the most part, though, day-to-day interactions between Hindus and Muslim have been largely peaceful. But that polite distance has widened into a schism since 2014, when the Hindu nationalist Bharatiya Janata Party, or BJP, was swept into power in a decisive election victory. India's religious minorities, especially the Muslims who form 13 percent of the population, have felt increasingly isolated since then, as attacks by Hindu extremist groups have risen.

So it was in Kathua, the small town in Jammu-Kashmir state where the girl was attacked. Police say the attack had been planned for over a month as a way to terrify the Bakarwals, a Muslim community of nomadic herders, into leaving the area.

Conflict had been brewing in recent years between Muslim nomads and local Hindus over land disputes. Hindus claimed the herders were encroaching on their lands. There had been scuffles after nomadic girls had been allegedly harassed by Hindu men.

Kashmir has over 1 million nomadic herders, including the Bakarwals, who mainly tend flocks of sheep, goats and horses. For centuries they have migrated every summer to highland pastures and forests, and returned to the plains of Jammu in winter to graze their animals, living in temporary shelters.

But over the past 20 years some have begun settling in permanent homes, usually built in forests, sparking conflicts with people already living in those areas.

"For some time now the tensions have been high between Muslims and some Hindus" in the area around Kathua, said Javaid Rahi, who runs Jammu-Kashmir Tribal Foundation, a nonprofit group studying the state's nomadic people.

"The crisis has especially deepened since the BJP has come to the power and some fanatic Hindus in Jammu have communally polarized the atmosphere," he said.

Police say the attack on Asifa was rooted in religious politics, with a group of local men planning to scare away the Bakarwals by simply kidnapping a girl. But once they had Asifa, that plan was quickly forgotten. Forensic reports say she had been drugged with antianxiety medication, repeatedly raped, burned, bludgeoned with a rock and strangled. Eventually, her corpse was thrown into the forest where it was found a week later.

While the 2012 New Delhi gang rape galvanized India into taking a hard look at widespread sexual violence, and pressed long-reluctant police and politicians into taking that violence seriously, the attack in Kashmir is mired in the divisive religious politics that have emerged over the last four years.

Defiant Syrians say West hasn't shaken their resolve

DAMASCUS, Syria (AP)— Hundreds of Syrians poured into the streets of Damascus on Saturday, dancing and chanting in defiance of what they called the West's "failure" to shake their nation's resolve with airstrikes that jolted the capital only hours earlier.

The demonstrations in support of President Bashar Assad were carried live on state TV, which also reported that Syrian air defenses had intercepted most of the missiles fired by the United States, Britain and France to punish Syria's purported use of chemical weapons The broadcaster also urged people not to believe media reports that exaggerated the results of the airstrikes.

"We are not scared of America's missiles. We humiliated their missiles," said Mahmoud Ibrahim, who waved a Syrian flag as he hung out of his car window.

As car horns blared, the crowd moved toward nearby Damascus University where fighters pro-government danced and waved their automatic rifles over their heads. Many denounced U.S. President Donald Trump and also waved flags of Syria's allies, Iran and Russia, as they cheered Assad.

The display of national fervor later mixed with celebrations over the news that the Syrian army declared the eastern suburbs of Damascus "fully liberated" after the last group of rebels left the town of Douma. Its recapture marks the biggest victory for Assad's forces since the capture of the eastern half of the city of Aleppo in 2016.

The fall of Douma came fter a punishing government offensive and a surrender deal struck with rebel groups. It also followed the purported use of chemical weapons there on April 7, which activists say killed over 40 people in the town and led to Saturday's airstrikes by the West.

"Trump failed in his aggression," said 51-year-old civil servant Mohammed Hammad. "Trump's failure came with the victory of our army in Douma, which marks the biggest victory for the Syrian Arab Army."

The bombardment began at 4 a.m., with loud explosions thundering in Damascus and the sky turning orange as fires raged in the distance.

Associated Press reporters saw smoke rising above eastern Damascus and spotted fiery streaks of surface-to-air missiles. The call to morning prayers at dawn mixed with the whoosh of missiles.

Shortly after the one-hour attack ended, vehicles with loudspeakers blared nationalist songs.

"Good souls will not be humiliated." Svria's presidential account tweeted after the airstrikes began.

Later, a video showing Assad walking into his office carrying a briefcase was posted on the same account. "Good morning, steadfastness," the caption read.

As the sun rose, hundreds had gathered in Damascus' landmark Omavvad Square, celebrating what they said was the army's success in foiling the U.S-led military action.

SAIPAN TRIBUNE MONDAY, APRIL 16, 2018 **19**

Health & Wellness

utes during your busy day may seem like a good idea, it's important to consider the effects napping may bring. "The time of day and length of time you nap can provide benefits or create problems," says Dr. Tiffany Casper, a Mayo Clinic Health System family physician. "Knowing when to nap and providing yourself with a suitable environment to nap will produce the greatest benefits."

hile closing your eyes for a few min-

CONSIDER WHY YOU'RE NAPPING

Before lying down to take your daily nap, you may want to think about the reason you began taking these naps. If you've been working the night shift or are a new mother, you probably have reason to be closing your eyes for a while. On the other hand, if you've recently felt a nap is essential to your daily functioning, you may have a bigger problem on your hands.

"Talking to your doctor is the best way to find out why you're experiencing an increase in fatigue," says Casper. "The reasons for your exhaustion could be anything from having a sleep disorder or sleep apnea to a side effect from a new medication."

DRAWBACKS TO NAPPING

Two drawbacks of napping include:

Sleep inertia

Sleep inertia can involve waking up feeling groggy and disoriented after taking a nap. This can become a problem if you have places to be or tasks to complete after you wake up from

Nighttime sleep problems

Problems can arise if your naps are too long or too close to bedtime. Try not to nap if you experience insomnia or poor sleep quality at night, as napping may worsen these problems. Short naps are the best when trying to avoid interference with nighttime sleep.

BENEFITS OF NAPPING

According to Casper, taking naps can provide many benefits to your health, such as:

- Improved mood
- Improved performance, including quicker reaction time and better memory
 - Increased alertness
- Reduced fatigue
- Enhanced relaxation

WHEN TU NAP

Did you know there are certain times when a nap may be more beneficial to your health? Casper suggests taking a nap:

- If you're experiencing new fatigue. (Monitor symptoms to avoid a serious health concern.)
- If you're about to experience sleep loss

consider the effects napping may bring.

It's important to

Mayo mindfulness: Improve your well-being

What is mindfulness?

Mindfulness is the act of being intensely aware of what you're sensing and feeling at every moment-without interpretation or judgment.

Spending too much time planning, problem-solving, daydreaming, or thinking negative or random thoughts can be draining. It can also make you more likely to experience stress, anxiety and symptoms of depression. Practicing mindfulness exercises, on the other hand, can help you direct your attention away from this kind of thinking and engage with the world around you.

What are the benefits of mindfulness exer-

Practicing mindfulness exercises can have many possible benefits, including:

- Reduced stress, anxiety and depression
- Less negative thinking and distraction
- Improved mood
- What are ways to practice mindfulness?
- Pay attention. The next time you meet someone, listen closely to his or her words.

If you want to make naps a part of your daily routine. (Having a planned time of day and length of time will help keep your schedule on track.)

BEST WAY TO NAP

Casper offers a number of tricks to make your naps more effective:

Set aside an allotted amount of

If you wake up feeling groggy after a nap, you're probably sleeping too long. Between 15

Think about their meaning and uniqueness. Aim to develop a habit of understanding others and delaying your own judgments and criticisms.

- Make the familiar new again. Find a few small, familiar objects—such as a toothbrush, apple or cellphone—in your home or office. Look at the objects with fresh eyes. Identify one new detail about each object that you didn't see before. As you become more aware of your world, you might become fonder of the things around you.
- Focus on your breathing. Sit in a quiet place with your back straight but relaxed. Feel your breath move in and out of your body. Let your awareness of everything else fall away. Pay attention to your nostrils as air passes in and out. Notice the way your abdomen expands and collapses with each breath. When your mind wanders, gently redirect your attention to your breath. Don't judge yourself. Remember that you're not trying to become anything—such as a good meditator. You're simply becoming aware of what's happening around you, breath by breath.

and 30 minutes is the ideal length for a nap.

likely to experience a lower level of alertness or sleepiness following lunch, around 2 or 3 p.m. is the optimal time to nap. You're also more likely to avoid interference with nighttime sleep if you nap around this time. However, some people may adjust their napping time to fit a unique work or school schedule.

Create a tranquil environment.

Some people struggle to sleep during the

Awaken your senses. Get a raisin. Sit in a quiet place with your back straight but relaxed. Look at the raisin. Smell it, feel it and anticipate eating it. Taste the raisin, and slowly and deliberately chew it. Notice the way the raisin's taste changes, your impulse to swallow the raisin, your response to that impulse and any thoughts or emotions that arise along the way. Paying close attention to your senses and your body's reaction to the raisin might reveal insight into your relationship with eating and food.

For other mindfulness exercises, such as focused breathing, you'll need to set aside time when you can be in a quiet place without distractions or interruptions. You might choose to practice this type of exercise early in the morning, before you begin your daily routine.

Aim to practice mindfulness every day for about six months. Over time, you might find that mindfulness becomes effortless. Think of it as a commitment to reconnecting with and nurturing yourself. (Mayo Clinic News Network/TNS)

day, but there are actions you can take to help ■ Plan to take naps in the afternoon. you become more relaxed. Eliminate distraction Since the afternoon is the time of day you are tions when napping, and do so in a quiet space with minimal light to improve your naps. Adjusting the room temperature to what is comfortable for you also can make your space more comfortable.

Give yourself time to wake up.

Allowing yourself enough time to wake up before resuming activities after your nap is important, as you may feel groggy or less alert. (Mayo Clinic News Network/TNS)

This advertorial is sponsored by







20 MONDAY, APRIL 16, 2018 SAIPAN TRIBUNE

Life & Style

Capital Hill softball facility gets upgrade

International (CNMI) Ltd.'s Corporate Social Responsibility team has been conducting major improvement and refurbishment work to some of the island's public structures.

The latest is the Capital Hill soft-

For the past month, Imperial Pacific ball field. Through its signature Village Pride Project—a community-based engagement-centered pioneering initiative—the softball field received much-needed improvements and facelift work from Imperial Pacific International. (PR)



Imperial Pacific International Ltd.'s Corporate Social Responsibility coordinators John Brel and Martin Pangelinan waterblast the concrete roof of one of the two pavilions, cleaning the structure of debris and dirt. CONTRIBUTED PHOTO



One of the two Capital Hill softball field pavilions is waterblasted.

CONTRIBUTED PHOTO



Tani Masga, Mike Salas, Jowel Naputi, and Fuji Suel, all team members of Imperial Pacific International Ltd.'s Corporate Social Responsibility program, put up the new fence that will replace the old and rusting fence in the softball field on Capital Hill. CONTRIBUTED PHOTO



From afar, the back portion of the second dugout was also repainted by Imperial Pacific's Corporate Social Responsibility team. CONTRIBUTED PHOTO



BEFORE. The before look of a second dugout needing repainting and clean-CONTRIBUTED PHOTO



BEFORE. The before look of the dug-CONTRIBUTED PHOTO



New fencing being put up by Imperial Pacific International's CSR representa-CONTRIBUTED PHOTO



The new fence that replaced the old one can be seen after Imperial Pacific's CSR team successfully removed the old structure.



BEFORE. Another dugout waiting to receive a fresh coat of paint. It is in process of being scraped off with its old paint. CONTRIBUTED PHOTO



AFTER. One of the dugouts with a new coat of paint.

CONTRIBUTED PHOTO

Bon Jovi, Nina Simone, Moody Blues make it into Rock Hall

CLEVELAND (AP)—Bon Jovi reunited onstage with former members for a powerful performance celebrating its admission into the Rock & Roll Hall of Fame, and the late icon Nina Simone was welcomed to the prestigious music club with show-stopping performances from Lauryn Hill and Andra Day.

Bon Jovi's portion of the four-hour-plus event ran an hour-long Saturday night, with Jon Boni Jovi giving a lengthy 20-minute speech onstage. He said he had been writing the speech for years.

"Some days I write the 'Thank you' speech, sometimes I write the '(Expletive) you' speech," he said. "In the end, it's all about time. It took a lot of people to get us here tonight.'

Richie Sambora, who left the New Jersey band in 2013, and Alec John Such, who left in 1994, embraced their former bandmates with a hug



ANGELES (AP)—Czech filmmaker Milos Forman, whose American "One Flew movies Over the Cuckoo's Nest" and "Amadeus" won a deluge of Academy Awards, Forman including best director Oscars, died Saturday. He was 86.

Forman died about 2 a.m. Saturday at Danbury Hospital, near his home in Warren, Connecticut, according to a statement released by the former director's agent, Dennis Aspland. Aspland said Forman's wife, Martina, notified him of the death.

When Forman arrived in Hollywood in the late 1960s, he was lacking in both money and English skills, but carried a portfolio of Czechoslovakian films much admired internationally for their quirky, lighthearted spirit. Among them were "Black Peter," "Loves of a Blonde" and "The Fireman's Ball."

The orphan of Nazi Holocaust victims, Forman had abandoned his homeland after communist troops invaded in 1968 and crushed a brief period of political and artistic freedom known as the Prague



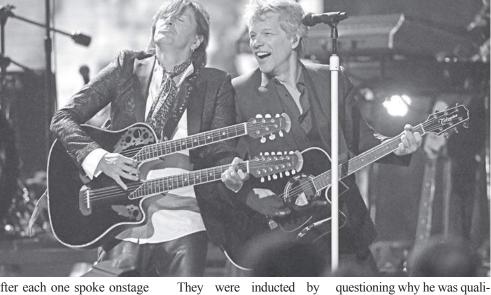
In America, his record as a Czech filmmaker was enough to gain him entree to Hollywood's studios, but his early suggestions for film projects were quickly rejected. Among them were an adap-

tation of Franz Kafka's novel "Amerika" and a comedy starring entertainer Jimmy Durante as a wealthy bear hunter in Czechoslovakia.

After his first U.S. film, 1971's "Taking Off," flopped, Forman didn't get a chance to direct a major feature again for years. He occupied himself during part of that time by covering the decathlon at the 1972 Olympics for the documentary "Visions of Eight."

"Taking Off," an amusing look at generational differences in a changing America, had won praise from critics who compared it favorably to Forman's Czech films. But without any big-name stars it quickly tanked at the box office.

Actor Michael Douglas gave Forman a second chance, hiring him to direct "One Flew Over The Cuckoo's Nest," which Douglas was co-producing.



after each one spoke onstage to accept the honor. They performed together, too, singing crowd favorites like "Livin' on a Prayer," "You Give Love a Bad Name" and "It's My Life."

the Rock Hall is based. Stern joked about Rock

Hall co-founder Jann Wenner,

Howard Stern, who provided

many laughs to the Public Au-

ditorium in Cleveland, where

The Daily News reports that

NEW YORK (AP)—A wellknown gay rights lawyer and environmental advocate burned himself to death in New York City on Saturday in a grisly protest against ecological destruction.

The charred remains of 60-year-old David Buckel were found by passers-by in Brooklyn's Prospect Park. Police said he was pronounced dead at about 6:30 a.m.

NORRISTOWN, Pa. (AP)— Bill Cosby's chief accuser sent jurors into the weekend with a

own sexual gratification.

Buckel left a suicide note in a shopping cart near his body that said he hoped his death was "honorable" and "might serve others." The New York Times said it

received an emailed copy of the note, which also said, "Most humans on the planet now breathe air made unhealthy by fossil fuels, and many die early deaths as a result—my early death by

zine founder doesn't play any instruments "but he did start a great magazine ... and now it's

fied to vote on who enters the prominent organization. Stern said the Rolling Stone magaRichie Sambora, left, and Jon Bon Jovi perform during the Rock and Roll Hall of Fame induction ceremony, Saturday, April 14, 2018, in Cleveland.

the size of a pamphlet."

Simone, who died in 2003, was welcomed into the Rock Hall in a groundbreaking way from performers who she has deeply inspired, from Hill to Mary J. Blige.

Hill was exceptional, stretching her voice as wide as possible, and singing in French, in honor of Simone's music. Hill earned a standing ovation from the audience.

Day, a Grammy-nominated R&B singer, was also extraordinary, hitting high notes that also earned her applause. Blige inducted Simone, calling the singer "bold, strong, feisty and fearless."

Gay rights lawyer immolates self in NYC in ecology protest

fossil fuel reflects what we are doing to ourselves."

Buckel was the lead attorney in in a lawsuit involving Brandon Teena, a transgender man who was murdered in Nebraska. Hilary Swank won an Academy Award for her portrayal of Teena in the 1999 movie "Boys Don't Cry."

Buckel also served as marriage project director at Lambda Legal, a national organi-

zation that fights for LGBT rights, where he was the strategist behind same-sex marriage cases in New Jersey and Iowa.

Susan Sommer, a former Lambda Legal attorney who is now the general counsel for the Mayor's Office of Criminal Justice in New York City, told the Times that Buckel "was all about justice, but he was also all about what it means to be human "

Your friends': Constand tells Cosby jury of pills, assault

stark portrait of the night she says the man she viewed as a friend and mentor tricked her into taking a powerful drug and then humiliated her for his

Andrea Constand testified Friday that she was visiting the "Cosby Show" star at his suburban Philadelphia mansion in January 2004 when he slipped her three blue pills he called "your friends."

She thought they were herbal supplements that Cosby said would relieve her stress, but they knocked her out. When she awoke, she said, Cosby was violating her.

I just could not fight him off," she testified.

Constand, who returns to the witness stand Monday for more cross-examination, has given a remarkably consistent account with what she said at Cosby's first trial last year. That trial ended with a hung jury, setting the stage for the

"I was weak, I was limp and latest courtroom showdown.

This time, prosecutors had the strategic advantage of putting Constand on the witness stand after five other accusers who told jurors that Cosby had used the same tactics on them: preying on people who saw him as a mentor, debilitating them with pills or booze and then violating them when they

With dad out of the country, boyfriend takes on parenting

EAR ABBY: My husband's brother split from his a day. They're SOOO good. wife, "Charlotte," five years ago and now works and lives in another country. The brothers are still quite close. His school-age daughters live nearby and are close to their cousins, our daughters.

Charlotte's latest boyfriend (they have been dating for 18 months) has started insisting on hanging out with my husband and trying to "bond" with him. He is also jumping with both feet into the role of stepfather, especially with the younger daughter, who has just returned after living with her father for the last seven months.

It feels awkward and weird, but we are too polite to say anything to him or Charlotte because we're afraid she'll restrict us from seeing our nieces. What is your advice?

ANXIOUS IN AUSTRALIA

DEAR ANXIOUS: Not knowing the terms of your brother-in-law's divorce, my advice is to consider that Charlotte has been with this man for a year and a half. He may be trying to form a relationship with your husband because he wants to bond with "the relatives." Your husband doesn't have to be best friends with him, but he should keep the relationship cordial—not only for the nieces, but also so his brother can stay informed about them.

DEAR ABBY: I have an addiction to vitamin gummies. They say to eat only two a day, but I eat almost half a container

This has been a problem for five years. What should I do? Do I contact my doctor? I'm about to graduate from high school, and I think my new college friends will think I'm weird if they find out about my gummy addiction.

LOVES YUMMY GUMMIES IN PENNSYLVANIA

DEAR LOVES: I am glad you wrote. Your vitamins may taste like candy, but they are NOT candy. It is important that you discuss this with your doctor. The least of your troubles could be that your college friends make fun of have worked tirelessly to aid blind and visually impaired indiyou. What you have been doing is dangerous because it can cause unsafe levels of vitamin A, vitamin E and minerals like iron to reach toxic levels in your system.

DEAR ABBY: I have a suggestion about how to help the child with the broken glasses mentioned in the letter from "Trying to Help in the West" (Feb. 25). I'm a member of Lions Clubs International. Our local club donates the cost of visual screening and free glasses for those in need who seek our help.

The Lions were established in 1917 by a businessman who wanted to start a service club that would help improve communities. The idea quickly spread to other communities and became international.

In 1925, Helen Keller inspired the clubs to become "knights of the blind in the crusade against darkness." Since then, Lions

DEAR ABBY

By ABIGAIL VAN BUREN UNIVERSAL PRESS SYNDICATE

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.



viduals in the U.S. and all over the world. Services for the boy in the letter should be available in his area, or he can be directed to the closest local Lions Club.

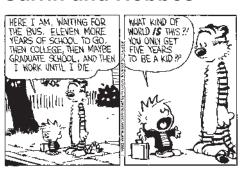
MEMBER IN WEST LONG BRANCH, N.J.

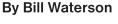
DEAR MEMBER: Thank you for reminding me-and my readers—about the good work the Lions Clubs do. Anyone wanting further information about this worthwhile service organization can find it at www.lionsclubs.org.

For everything you need to know about wedding planning, order "How to Have a Lovely Wedding." Send your name and mailing address, plus check or money order for \$7 (U.S. funds) to: Dear Abby, Wedding Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.) **22** MONDAY, APRIL 16, 2018 SAIPAN TRIBUNE

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EXPLORING AND DISCOVERING

AND PLAYING? THOSE THINGS ARE IMPORTANT,

1001







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04-16

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54 AAA job

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Last Friday's Answer

or answers to today's crossword, call 1-900-226-5955! 99¢ per minute, touch-tone/rotary phones. (18+ only.) A King STUMPED? Features service, NYC.

CELEBRITIES BORN ON THIS DAY: Jon Cryer, 53; Martin Lawrence, 53; Ellen Barkin, 64; Kareem Abdul-Jabbar, 71.

Happy Birthday: Look for opportunity, not chaos. Put your head down and get the work done. If you want to get ahead, build a better life or get along with the people you deal with daily. Make peace and offer a positive response and support. How you handle situations will determine how well you do. Stop talking and start doing. Your numbers are 9, 15, 21, 26, 32, 40, 43.

ARIES (March 21-April 19): Stand up for your beliefs, but don't belittle others in the process. Diplomacy coupled with positive suggestions will help you reach your goal much faster than discord. Live up to your word and finish what you start.

TAURUS (April 20-May 20): Learn all you can before you enter into a debate or get involved in something that will eat up your time or your cash. Preparation and optimism will be instrumental in helping you reach any deadline that challenges you. 🗪

GEMINI (May 21-June 20): Think twice before you take on someone else's responsibility. You are better off making suggestions than taking over. Look over your personal papers, income tax return and finances, and make any adjustments that will help you save money.

CANCER (June 21-July 22): Make a point to relax and spend time with people you enjoy being around. You can gain a different perspective regarding what's important.

Special relationships should be a priority, along with planning a vacation or activity you can enjoy together. OOOO

LEO (July 23-Aug. 22): Don't let your emotions cloud issues. Think matters through and make alterations based on what makes the most sense. Don't overdo it or feel you have to be the one to pay or take on the brunt of the responsibilities.

VIRGO (Aug. 23-Sept. 22): Don't wait for someone else to make a move. Use your common sense, and you will be successful in reaching your goal. Personal gains can be made and partnerships formed. You'll know

instinctively how to get what you want. •••• LIBRA (Sept. 23-Oct. 22): Abide by the rules. A subtle change that can influence your tax return or your monthly overhead

will turn out to be complicated or raise a red flag. Talk to an expert before you jeopardize your income or your reputation.

SCORPIO (Oct. 23-Nov. 21): Express the way you feel, and you will find out where you stand. Direct questions will command attention and help you come to conclusions that will assist you in bringing about positive change. Problems with relatives are better addressed sooner than later.

SAGITTARIUS (Nov. 22-Dec. 21): You'll feel the urge to reconnect with someone from your past. A desire for change will confirm you still crave adventure and want to be around people who offer unique perspectives on life. Common sense will be required.

EUGENIA THE LAST WORD

IN ASTROLOGY

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WONDERWORD

SHIPPING OPTIONS

DEP

before you act. You'll be tempted to get involved in something because of the people, not what's being offered. It is truly best for you to be an onlooker, not a participant. Unpredictable situations should be enough of a warning. AQUARIUS (Jan. 20-Feb. 18): You'll be caught between what you should do

CAPRICORN (Dec. 22-Jan. 19): Think

and what you want to do. Take a step back, refrain from making a hasty decision and consider how your actions will affect the people you care about most. Avoid excess and indulgent behavior. **2000**

PISCES (Feb. 19-March 20): Look over all your options and make choices that will serve you well, not someone else.

Making a change for the wrong reason will end up causing resentment and regret. Do what's best for you, and don't look back. OOOO

Birthday Baby: You are changeable, persuasive and dominant. You are energetic and aggressive.

(To submit astrological questions to the "Dear Eugenia" column, visit Eugenialast.com, or join Eugenia on Twitter, Facebook and LinkedIn.)

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each latter of the word and strike it off the list. The leftover letters spell the WONDERWORD.

ENILDAEDBUYERW

USESETATSLMBD

LRSRFLOWERSPEAW

DAIBWMAULAATRTI

EMTSMOURTYXYOEG HTUEYUBSXEDEFNH

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Solution: 9 letter

Conceptis Sudoku

By Dave Green

4716

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Difficulty Level *

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Last Fuldan's A

	Last Friday's Answer									
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Last Friday's Answer: Vengeance
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Prohibiting Gratuities, Kickbacks and Contingent Fees shall apply A Mandatory Pre-Bid conference will be held at 10:00 a.m. on April 23, 2018, at the NMHC Central Office

For more information, contact Mr. Jacob Muna, Acting Office Manager, at (670) 234-6866/7689

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For: Local Public Relations and Media Services

Submission / Closing Date:

May 15, 2018 3:00 p.m.

Submit sealed proposals to:

Marianas Visitors Authority Procurement Office San Jose Professional Building Beach Rd., San Jose P.O. Box 500861 Saipan, MP 96950

Interested parties may pick up the Scope of Work on or after April 16, 2018, at the Marianas Visitors Authority Office, San Jose Professional Building, Beach Road, San Jose, Saipan, from 8:00 a.m. to 5:00 p.m., Monday through Friday, except holidays. Proposals submitted from individuals outside the Commonwealth must be postmarked by the U.S. Postal Service or certified courier services by May 15, 2018 and must be received within seven (7) working days of that date. Proposers from outside the Commonwealth must notify the MVA/ Mr. David B. Muna in writing of their intent to submit a proposal in order to receive the additional seven (7) days for the receipt of the actual Proposal Documents. Participants outside the Commonwealth of the Northern Mariana Islands must submit a Notice of Intent by any mode of written communication including facsimile at+1-670-664-3237 or email to dmuna@mymarianas.com, and must be received by 5 p.m. Chamorro Standard Time on May 15, 2018.

All questions regarding this RFP must be sent to Mr. David B. Muna at dmuna@mymarianas.com or faxed to +1-670-664-3237, **no later than 5 p.m. Chamorro Standard** Time on April 30, 2018.

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Red Sox get to 12-2, best start in team history



(AP)— Red Sox rookie

manager Alex Cora cracked a smile when asked how he felt when he learned it was the best start in team history.

"I just heard it for the first time," Cora said after Boston beat the Baltimore Orioles 10-3 on Saturday to get to 12-2.

In 118 years, the Red Sox had never reached 10 games over .500 that soon. Only once —in 1918—had Boston started 11-2.

"I've been saying it for a while—we've been playing good baseball for a while, regardless of spring training," Cora said. "We're playing clean and fast and pitching. We're proud of what they're doing."

Hanley Ramirez hit a tworun homer and drove in three runs, Andrew Benintendi had a two-run single and an RBI double, and J.D. Martinez homered for the Red Sox.

"Our offense is doing what it's doing, and our pitching and our defense is consistent. We're dangerous," Benintendi said.

Alex Cobb (0-1) was roughed up in his Orioles debut, giving up eight runsseven earned—in 3 2/3 innings. He signed a \$57-million, 4-year deal as a free agent on March 21 after spending all 11 years of his professional career in Tampa Bay's organization.

"Just a little rusty," Orioles manager Buck Showalter said. "Physically, he's in good shape. He's only going to get better. Tough conditions and a really good-hitting club swinging the bat well right now."

Pedro Alvarez had a tworun homer for Baltimore, which has lost four of five.

Cobb felt he was ready and gave credit to Boston's hitters.

"We did all we could do," he said. "There is no replicating this. This is the best team in the world hitting right now, and you're never going to get ready for that."

Hector Velazquez (2-0) gave up two runs in five innings. Marcus Walden pitched



Boston Red Sox players, from left foreground, Andrew Benintendi, Brock Holt, and Tzu-Wei Lin celebrate after defeating the Baltimore Orioles in a baseball game in Boston, Saturday, April 14, 2018.

the final three innings for his first big-league save.

Brewers 5, Mets 1

In New York, Chase Anderson breezed into the seventh inning, Jonathan Villar sliced a three-run homer inside the foul pole and Milwaukee stopped the Mets' nine-game winning streak.

Jett Bandy also went deep against Matt Harvey (0-1) on a windy Fireworks Night at Citi Field as the Brewers cooled off New York and improved to 6-2 away from home. Slumping shortstop Orlando Arcia came off the bench and homered in the ninth inning.

Diamondbacks 9, Dodgers 1

In Los Angeles, A.J. Pollock homered twice while Paul Goldschmidt and Alex Avila also went deep and Arizona beat Los Angeles.

Arizona has beaten the Dodg-

11 consecutive regular-season games dating to August 2017.

Goldschmidt's third homer of the season—a two out, tworun blast to left-highlighted a three-run, third inning.

Phillies 9, Rays 4

In St. Petersburgh, Jake Arrieta won his first game for Philadelphia and rookies J.P. Crawford and Scott Kingery drove in two runs each against Tampa Bay.

It was the fifth straight win for the Phillies.

Arrieta (1-0) gave up three runs in 6 2/3 innings after being spotted a 6-0 lead in the second. The 32-year-old righthander gave up seven hits and two walks in his second start for Philadelphia.

Cardinals 6, Reds 1

In Cincinnati, the Reds sunk to their worst start since 1931. losing their seventh in a row when Greg Garcia hit two ers five times this season and in home runs to lead St. Louis

Cardinals.

The Reds fell to a major league-worst 2-12. The Cardinals have won three in a row.

Garcia had a solo homer and a two-run shot off left-hander Brandon Finnegan (0-1). He also doubled.

Cubs 14, Braves 10

In Chicago, Javy Baez had a three-run double as Chicago scored nine times in the eighth inning on just three hits in cold, wet and windy conditions at Wrigley Field.

The Cubs trailed 9-1 in the third inning, were still down 10-2 in the sixth and went into the eighth behind 10-5. Chicago then used five walks, two hit batters, an error and a wild pitch to come back against four Atlanta relievers—all nine runs scored after there were two outs.

Rangers 6, Astros 5, 10 innings

In Houston, Ronald Guzman's

first career homer tied the game in the eighth inning, and he put the Rangers ahead with an infield single in the 10th as Texas rallied from five runs down to beat Houston.

The Rangers, who snapped a five-game losing streak, loaded the bases with one out off Will Harris (0-1) before Guzman sent a hard grounder up the middle that Harris tried to grab. It ricocheted off Harris' glove, allowing Jurickson Profar to score.

Padres 5, Giants 4

In San Diego, Hunter Renfroe hit a go-ahead, two-run homer in the seventh, an inning after his outfield assist prevented a run from scoring, and San Diego beat San Francisco.

Renfroe lined a shot to left off Cory Gearrin (0-1), his second. Freddy Galvis was aboard on a leadoff single. Renfroe finished with three RBI.

Pirates 1, Marlins O

In Miami, Corey Dickerson's bunt single in the ninth inning scored the only run and Pittsburgh edged Miami.

Pirates starter Jameson Taillon and Miami counterpart Trevor Richards kept the game scoreless into the later innings.

Brad Ziegler (0-3) retired the first batter in the Pittsburgh ninth before Starling Marte reached on a bunt hit. Josh Bell followed with a single that sent Marte to third.

Nationals 6, Rockies 2

In Washington, Max Scherzer dominated after an early hiccup, striking out 11 and retiring his final 20 batters as Washington stopped a threegame skid.

Scherzer (3-1) issued a oneout walk in the first and Charlie Blackmon followed with a home run. That was all the Rockies managed in seven innings against Scherzer, who has won the last two NL Cy Young Awards.

Angels 5, Royals 3

In Kansas City, Mike Trout, Justin Upton and Luis Valbuena homered as Los Angeles won its seventh straight, beating Kansas City as snow fell during the final innings.

The Angels won their ninth consecutive road game, and will have Shohei Ohtani as their starting pitcher Sunday. The Royals have lost five straight.

Mariners 10, **Athletics 8**

In Seattle, Jean Segura hit a three-run homer, Mitch Haniger, Kyle Seager and Daniel Vogelbach all added solo shots, and Seattle battered Oakland pitching for 17 hits in the Mariners' win over the Athletics.

Segura's first home run of the season off Oakland starter Kendall Graveman (0-3) staked Seattle to an early lead, and the Mariners kept adding on via the long ball. Seattle continued to show the potency of its lineup, scoring five or more runs for the seventh time in 12 games.

Seattle's Chasen Bradford (1-0) worked 1 2/3 scoreless innings of relief after starter Marco Gonzales was lifted in the fourth. Edwin Diaz pitched the ninth for his sixth save.

Landry signs \$75-million contract extension with Browns



throwing Jarvis Landry a pass,

the Browns made a huge commitment to him.

Cleveland signed the star wide receiver to a five-year, \$75 million contract extension on Friday night, locking up a game-changing player they're counting on for the future.

A three-time Pro Bowler acquired last month in a trade with Miami, Landry was at the team's headquarters Friday as the Browns continued prepa-

"Jarvis Landry is the type of football player we want on this team for a long time," general manager John Dorsey said. "Obviously, he's an accomplished playmaker, that's why we went after him in the trade but in his short time as a Brown we can already see the type of leadership and competitiveness he's going to bring to his teammates. We are very pleased that we've been able to secure him to a long-term contract."

scored nine touchdowns, two more than Cleveland's entire receiving corps.

The 25-year-old will make an immediate impact for a Cleveland team that lost all 16 games last season and is 1-31 in two years under coach Hue Jackson.

"I've always dreamed of two things: taking care of my family and playing football," Landry said. "I've become a product of hard work, sacrifice, persistence, and mental

CLEVELAND rations for an NFL draft that (AP)—Before may re-shape their franchise.

Landry led the NFL with toughness. Jerry Rice said the thing that made him so great was the fear of failure. I've been afraid of failure my whole life. I've endured my share, but in each and every discomforting time I've failed, I've also grown, I've also learned, I've also found success."

The Browns have the No. 1 and No. 4 overall picks and are expected to select a quarterback. However, that pick is likely to spend at least one season backing up newly acquired QB Tyrod Taylor, who will have Landry as a target.

Warriors back to dominant selves, top Spurs

OAKLAND, Calif. (AP)—The Golden State Warriors had something to prove all right: Oh yes, they plan to stay on top in these playoffs despite a disappointing finish

to the regular season.

Kevin Durant helped the defending champions get defensive in a hurry, finishing with 24 points, eight rebounds and seven assists and the Warriors returned to their old dominant selves at playoff time to beat the cold-shooting San Antonio Spurs 113-92 on Saturday.

"Absolutely," Klay Thompson said about playing a memstatement-making Game 1. "We did not end the season on a high note, we kind of hobbled into the playoffs. We know how talented we are. We know how good we are. We have been here before in the postseason and know what it takes to win."

And they still know how to win in impressive fashion on the NBA's big stage.

Durant, Thompson and Draymond Green took charge in Game 1 of the first-round series to elevate the Warriors' intensity at last playing without fellow All-Star and injured two-time MVP Stephen Curry, sidelined since March 23 with a sprained left knee.

Thompson found his shooting touch and scored 27 points, making 11 of 13 shots, while 7-footer JaVale McGee started in Steve Kerr's centerby-committee approach and contributed 15 points, four rebounds and two blocked shots in 16 minutes. Green contributed 12 points, 11 assists and eight rebounds.

Rudy Gay led the Spurs with 15 points off the bench as leading scorer LaMarcus Aldridge was limited to 14 points on 5-for-12 shooting.

"The first quarter we looked like deer in the headlights," Spurs coach Gregg Popovich said.

Game 2 in the best-of-seven series is Monday night at Oracle Arena.

The Warriors looked unbeatable again. And that was without the do-everything Curry.

Golden State said all week it's a new season, then went out and showed it. The Warriors have plans for nothing short of a repeat title.

"We're a championship ballclub. We know what it takes this time a year to win," Green said. "... We're primed for this. A lot of people tend to forget what we're capable of. We know."



There might never be fire when it comes to the San Antonio Spurs trading Kawhi Leonard to the Boston Celtics. But there's already plenty of smoke surrounding the possibility, especially when NBA stars start envisioning Leonard in green.

Jordan Schultz appeared on "The Dan Patrick Show" this week and was asked about a conversation he recently had with Dwyane Wade regarding the upcoming offseason. The Miami Heat star apparently expects Paul George to sign with the Los Angeles Lakers —a belief shared by many—but he also could see the Spurs trading Leonard to the Celtics. "That was really surprising," Schultz said, looking back on his chat with D-Wade. "His thought process was probably like ours Dan which is something is really wrong there (in San Antonio). It's so toxic and severed there between the front office and Kawhi Leonard, that it might really be at the point of no return."

Leonard was limited to just nine games during the regular season because of a lingering quad injury that's seemingly causing friction with the Spurs. It's not crazy to think San Antonio could explore trading the two-time All-Star, even though he's one of the best two-way players in the NBA when healthy. The Celtics already have a solid nucleus and should improve next season once Gordon Hayward returns from the gruesome leg injury he suffered in October. But Leonard is an elite talent who's turning just 27 in June. Perhaps Danny Ainge will dip into his cupboard of assets and swing another summer blockbuster with an eye toward building an Eastern Conference powerhouse.

Meanwhile, the Dallas Mavericks and Chicago Bulls have won tiebreakers to put them in better position ahead of the NBA draft lot-

The Mavericks won a tiebreaker with the Atlanta Hawks on Friday after they shared the NBA's third-worst record at 24-58. Dallas gets a 13.8 per cent chance to win the lottery and Atlanta at 13.7, and should neither team move up, the Mavericks would pick one spot higher in the draft.

Chicago and Sacramento both finished 27-55. They will have the same odds in the lottery, but the Bulls will be sixth and the Kings seventh if nobody jumps ahead of them and neither moves up in the lottery



Golden State came with the kind of swarming defense it is so used to playing but hadn't exhibited much lately as rotations were mixed and matched because of injuries and illness.

San Antonio couldn't keep up from the opening tip.

"We were just very overly excited, overzealous," San Antonio's Danny Green said. "Overreacting to a lot of things because we are so excited that we're in the playoffs and playing, obviously, the best team in the world."

Beat up and missing its four All-Stars at times, Golden State endured a stretch losing seven of 10 last month.

Golden State swept San Antonio in the Western Conference Finals a year ago on the way to a second championship in three seasons and an astonishing, record-setting 16-1 postseason run.

Kerr always said his team would be ready when these playoffs came around.

The Warriors were determined to pick up their defense, and they did just that.

76ers 130, Heat 103

In Philadelphia, Ben Simmons had 17 points, 14 assists and nine rebounds in his playoff debut, and Philadelphia romped again without Joel Embiid, beating Miami for its 17th straight win.

Embiid was a spectator in Game 1 of the first-round series because of a broken orbital bone around his left eye. The All-Star center has been hopeful he can return early in the series. The Sixers could end this one early with Embiid back in the lineup.

Simmons dished and dazzled in the paint and the Heat had no answer for Sixers reserves Marco Belinelli and Ersan Ilyasova. Belinelli and Ilyasova combined to hit four 3-pointers in the third quarter that helped shift the tone from physical and foul-filled to a had 19 points.

Golden State Warriors' JaVale McGee, right, shoots over San Antonio Spurs' Danny Green (14) during the first half in Game 1 of a first-round NBA basketball playoff series Saturday, April 14, 2018, in Oakland, California.

long-distance game that allowed the Sixers to put away this one. They used a 15-0 run in the third in their first postseason game in five seasons under coach Brett Brown to get the rout rolling.

Raptors 114, Wizards 106

In Toronto, Serge Ibaka had 23 points and 12 rebounds, Delon Wright scored 11 of his 18 points in the fourth quarter, and Toronto snapped a 10game losing streak in playoff series openers by beating Washington.

DeMar DeRozan added 17 points, C.J. Miles and OG Anunoby each had 12, and Kyle Lowry had 11 points and nine assists for the Raptors, whose only previous victory in the opening game of a playoff series came in the second round against Philadelphia in 2001.

Toronto entered having lost an NBA-worst 10 consecutive Game 1s since, including six at home.

Pelicans 97, **Trail Blazers 95**

In Portland, Anthony Davis had 35 points, 14 rebounds and four blocks, and New Orleans beat Portland in Game 1 of their playoff series.

Jrue Holiday added 21 points, outplaying both Damian Lillard and CJ McCollum, and had a big blocked shot in the closing seconds as New Orleans held on after Portland erased almost all of a 19-point

Rajon Rondo finished with 17 assists, eight rebounds and six points as New Orleans won the backcourt battle on top of Davis dominating the interior.

Lillard finished with 18 points, seven rebounds and seven assists while McCollum

Woods files entry for US Open for 1st time since 2015

SHINNECOCK

SOUTHAMPTON,

(AP)—Tiger Woods has filed his entry to play in the U.S. Open for the first time since 2015.

The USGA says Woods officially entered on Thursday, four days after he tied for 32nd in the Masters. Even exempt players have to formally enter the U.S. Open.

Woods hasn't played the U.S. Open since he missed the cut at Chambers Bay with rounds of 80-76.

The U.S. Open is June 14-

N.Y. 17 at Shinnecock Hills on Long Island, where Woods made

V.S. Torrey Pines.

Meanwhile, in South Carolina, Ian his U.S. Open debut in 1995 as the U.S. Amateur champion. He opened with a 74 and withdrew the next

day with a wrist injury. He tied for 17th at Shinnecock in 2004 when he was in the midst of changing his swing.

Woods is in the last year of a 10-year exemption from winning the 2008 U.S. Open at Torrey Pines.

Poulter is ready for a break after a long, eventful stretch on tour. He has one more important goal to ac-

complish, though, at the RBC Heritage before any time off.

"We'll see if we have a last bit of plaid to put in the closet," said a grinning Poulter, referring to the tartan jacket giving the winner at Harbour Town Golf Links.

The resurgent Poulter will have that chance Sunday after shooting a 4-under 67 to take a one-shot lead into the final round of the RBC Heritage, putting him in position for his second victory in three weeks.

Before April, Poulter had not won on tour in more than five years. Now, he's one more solid round away from adding another title to his dramatic win at the Houston Open on

NMI to field over 20 in regional championships

jon_perez@saipantribune.com REPORTER

The Northern Marianas Athletics is looking to field over 20 athletes in the 2018 Oceania Micronesian Regional Championships, according to its president Ramon A.

Saipan will host the biennial event at the Oleai Sports Complex from June 14 to 16 with the local organizing committee, also headed by Tebuteb, expecting more than 200composed of athletes, coaches, and technical officials—to participate in the three-day event.

Tebuteb said NMA developmental officer Elias Rangamar will be conducting the qualifying events for the CNMI team that will see action in the Oceania Micronesian Regional Championships and also in the 9th Micronesian Games in Yap from July 15 to 27.

The qualifiers will be held on separate days, starting on April 30 and will continue on May 19 and June 1 and 2.

"As much as possible, we're looking to have a competitive team with us being the hosts. We also want to use the regional championships to take us to the next level with the next one is the Micro Games in Yap," said Tebuteb.

In the past Micronesian regionals, the Commonwealth athletes did not only win medals, but also set records.

Four CNMI athletes are



CONTRIBUTED PHOTO

Leo Cristobal, running fourth, competes in the 1, 500m race during the 2016 Micronesian Athletics Championships in Pohnpei.

record-holders in the biennial event led by veteran long distance runner Ketson "Jack" Kabiriel, who competed in the men's 3,000-me-

ter steeplechase and posted the best time of 11:53.57 in August 2009 in Gold Coast, Australia. Yvonne Bennett holds the record in the women's 400m run with a time of 1:02.91, while Jacqueline

Wonenberg's 4.66-meter mark in women's long jump still stands with both achieving the feat also in Gold Coast. Nor-

iko Jim is the record holder in the women's 5,000m run with a time of 19:44.28, earning the mark when Saipan hosted the event in December 2005.

Meanwhile, Tebuteb thanking the community, especially the administration of Gov. Ralph DLG Torres and the CNMI Legislature, for their commitment in helping the local organizing committee.

The LOC is composed of Tebuteb as chair with NMA general Robin Sapong as vice chair, Lynn events lead person. Gordon Duenas as secretary, and other NMA officials as members. Duenas also heads the finance, and accommodations and food committees, while Sapong is the competition and post

Marciano is in charge of transportation and entertainment, Lawrence Camacho heads the venue, and Corine Santos is nominated to lead the volunteers group.

SBL needs support for playoff games

By JON PEREZ

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The Saipan Baseball League is asking for support from local busi-

nesses to fund the proposed additional games in the ongoing 2018 season.

SBL coordinator Tony Rogolifoi said that he has asked coaches and managers of the participating teams to assist the league in seeking extra funds so they can push through with extending the playoff matches

"Holding and organizing a league is expensive. I showed the coaches the list of our expenses as proof. They are suggesting that the Top 8 advance to the playoffs and I told them we need additional funding for the costs of holding the games," said Rogolifoi.

"We're not asking for one company or business. It can be two or more where they chip in to support and help the league continue with the games," he added.

Based on the original format

JON PEREZ

Aces pitcher Joe Guerrero prepares to throw to the plate in their game against GSM last week in the 2018 Saipan Baseball League. League officials are still discussing the playoff format for this season.

in each season, only the Top 4 teams will advance to the playoffs with the No. 1 team taking on the fourth-ranked squad and No. 2 clashing with No. 3 in a best-of-three series semis series. Winners in the semifinals will then battle for the crown in a best-of-five format. However, some managers and coaches, especially

teams at the lower half of the standings, are hoping to play more games so they suggested to have the Top 8 move into the playoffs during a meeting last Thursday at the Gilbert C. Ada's conference room.

If the league decides to make the Top 8 cut, the No. 1 ranked team will face No. 8, and No. 2 vs. No. 7, No. 3 vs. No. 6, and No. 4 vs. No. 5 will play in knockout matches. The four winning teams will then slug it out in the best-of-three semifinals series with the victors moving to the finals.

The Top 6 teams playing in the postseason is another format suggested with Nos. 1 and 2 having a bye and automatically moving into the semis and the four remaining squads battling it out for the last two semis berths in another knockout battle.

Managers and coaches have at least two weeks to find additional funding to help the league and follow a different format in the postseason.

GSM is the current leader with an 8-1 record, followed by the C.K. Bears (7-1), Falcons (6-2), Mariners (5-3), defending champions Aces (4-3), Titanium (4-4), Blue Jays (3-6), and Balistics (2-5). The Indians and Outlaws are at the bottom of the team standings as they remain winless after seven games.

KONQER

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the winner. The Completion and Sprints are for those who wanted to experience the race and challenge themselves to finish all obstacles. The Business League is for companies that will use the event as a team building exercise.

Endo said this year they would be offering a Spouses Challenge for couples, whether married or dating, to come out and conquer the obstacle course.

"We're going to hold this during the one-hour technical timeout, while our crew are checking the obstacle courses. It will be a series of challenges

and a different course since it is only an exhibition. This is a special event, but those who wanted to join must be at the venue in order to sign up," said Endo.

Another new feature in this year's KONQER Saipan are the tourists who can join for free, as race organizers have coordinated with the Marianas Visitors Authority to have the visitors participate in the event.

MVA managing director Chris Concepcion said that they have included KONQER Saipan in their promotional packages to five source markets—China, Korea, Japan, Russia, and Taiwan.

"We're again pleased to

partner with KONQER to bring this event to Saipan for the second year. Kaz and [KONQER president] Kelli [Wedd] are the great minds behind this. We're hoping to also bring this to Rota in the next two months. I would also like to acknowledge [MVA community projects manager] Martin Duenas whose been working behind the scenes," said Concepcion.

"KONQER has been part of our sports tourism portfolio since last year. We're excited for this year since tourists on Saipan are free to join. All they need to do is bring their room key card as proof aside from their passport. They

would also sign a waiver card before they could participate," the MVA head added.

The Battle of Schools is another new event and organizers are encouraging middle and high school students, and faculty to also form their respective teams. Additional details for the Battle of Schools will be released before the race day.

As of last week, 350 have signed up for KONQER Saipan, excluding the members of the 13 teams in the Business League and the tourists who are expected to sign up on race day. Last year, 496 ioined the inaugural event held at the Gov. Eloy S. Inos Peace Park.

In the boys U10 singles, which also lured four players, Cojiro Kaga drew first blood in the division last Saturday, Kim, 8-5.

JOYCE

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matches in the boys U15 age group and the division has three playing weekends left, including last Saturday's.

It was the fourth time that Joyce tallied four goals in a single game. She registered four goals versus Matansa (Feb. 10), against MP United (March 3), and opposite Tan-Holdings (March 17). The Kanoa player's most goals (5) were recorded in their 9-6 triumph over Paire last Feb. 24.

Joyce won the coveted Golden Boot award against MP United's Stella McCallion, teammate Sharmaine Francisco, and Southern United's Keisha Deleon Guerrero. McCallion settled for the runner-up honors after getting 12 in six games, while Deleon Guerrero and Francisco had eight each. TanHoldings' Judy Andobar rounded out the Top 5 after tallying 6.

With Joyce and Francisco on target this season. Kanoa finished on top of the team

rankings. Last fall season's champion wrapped up the round-robin contest with a 5-1-0 win-draw-loss record to notch one of the two outright semis spots in the division. Shirley's took the other Final Four ticket with its 4-2-0 card. while MP United (4-0-2), Tan-Holdings (3-1-2), Southern United (2-0-4), and Paire (0-1-5) battled for the last two semis seats last Saturday.

Meanwhile, Borja is still on top of the Golden Boot race in the boys U16 division after despite failing to score in their 1-2 loss to Kanoa FC last April 7. However, his lead was trimmed down to 5, as Rintaro Miyawaki of MP United managed to gain four more for a total of 15. Borja collected 20 after eight games and his team will play its last match this Saturday against Shirley's FC.

Kanoa's Ian Maniago (15), Matansa's Lolobeyong Benito (11), and Paire's Kaden Church (10) joined Borja and Miyawaki in the Top 5 (goals scored in last Saturday's games were not included).

GAMES

From Page 28

the other hand, took only two sets to dispatch Jae Hoon Son and earn the right to challenge the No. 2 seed Kang.

Matches that were suspended yesterday will be played this Friday and organizers will use courts at the AMP, Kanoa Resort, Fiesta Resort & Spa Saipan, and Pacific Islands Club to complete them before the scheduled semis and finals games this Saturday and Sunday.

Meanwhile, in other results, only one match was played in the boys U12 singles with Ruma Lee surviving Nason Wessel in three sets to make it to the semifinals.

Ruma dropped the opening set, 3-6, but was defiant in the second and eked out a 6-4 win to force the deciding super-tiebreaker third set. Ruma then completed the come-from-behind win after a 10-5 triumph to set up a semis showdown against No. 2 seed Jun Cheowl Hwang, who draw a bye last weekend.

will be No. 1 seed David Kwon opposite Akash Rai. Rai won via walkover against Allen Cho yesterday, while Kwon got a bye and automatically moved into the Final Four.

In the boys U16 singles, only one match, too was played with Sam Ryu easing past Daniel Heo, 6-2, 6-0. The division has a round-robin format with Jonathan Lim the third player entered in the field.

In the boys U18, a pair of games were completed with Ken Song and Ji Min Woo

In the other semis pairing, it ending up on the winning side. Song had his first match in the round-robin contest against Seung Jin Paik and labored a 7-5, 6-3 triumph. Woo, on the other hand, was pitted against Sean Lee and took the long route to victory, 6-3, 4-6, 6-4.

> after outclassing Min Seop Lee, 8-1. In the other match Andy Lee downed Eugene

SAIPAN TRIBUNE MONDAY, APRIL 16, 2018 **27**

Pacific Ocean Cup 9

PHOTOS By ROSELYN B. MONROYO



MP United Football Club B, left, and Vivid Blue players fight for the ball during their battle for third place game in the Pacific Ocean Cup 9 held late last month at the Hopwood Middle School Field.



A Vivid Blue player, second left, checks on his teammates before making a pass.



MP United A and TanHoldings FC players collide as they battle for



MP United A's Andrew Chung, left, reaches in for the ball, as a TanHoldings FC player stays close on defense.



MP United A's Kristoffer Pascual catches the ball.



A Vivid Blue player, left, tries to keep the possession away from the defense of an MP United B player.



TanHoldings FC players do stretching drills before their title match versus MP United A.



MP United A and TanHoldings FC players are in a foot race for the ball.



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SAIPAN TRIBUNE

Games suspended; favorites advance

By ROSELYN B. MONROYO

28 MONDAY, APRIL 16, 2018

seeded players were accounted for before matches in the 2018 CNMI National Junior Tennis Championships at the American Memorial Park tennis courts were called off yesterday due to rain.



No. 4 Isaac Heo marched into the quarterfinals of the boys U14 singles after sweeping Joey Hong last Saturday, 6-1, 6-0. With Heo

easing past his opponent, all four seeded players in the division are in the Round of 8, which was scheduled to start last Sunday, but tournament director Lydia Tan suspended all matches before noon.

Heo was supposed to duel Seung Won Lee in the quarterfinals, as the latter also took only two sets to beat Jun Wang, 6-4, 6-3. Other matches that were called off were the Richard



ROSELYN B MONROYO

Games in the 2018 CNMI National Junior Tennis Championship at the American Memorial Park tennis court were suspended yesterday due to rain.

Steele-Anthony Gregoire pairing; Brandon Lee vs Andy Kim; and Daniel Kang vs Hyunmin Cho.

The No. 1 seed Steele drew a bye last Saturday, while Gregoire gained a quarterfinals berth following a 6-1,

6-2 triumph over Danny Lee. Brandon Lee outlasted Andrew Chung, 5-7, 6-4, 15-13 to set up a Round of 8 tiff against the No. 3 seed Kim, who also got a bye last Saturday. Cho, on

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Joyce gets Golden Boot award

By ROSELYN B. MONROYO roselyn_monroyo@saipantribune.com

Football Kanoa Club's Paulynn Joyce ran away with the Golden Boot award in the girls U16 division of the 2018 NMI-Spring Youth League.

The Kanoa FC striker capped her

domination in the competition by scoring four more goals in their last game in the regular season (against Southern United Football Club

on April 7) for a total of 22. Mariana Islands
Football Association

Her output was the most scored by any player in the entire league by FA April 7. TanHoldings' Taka Boria

> collected 20 after last April 7's See JOYCE on Page 26

Changes, surprises in KONQER

By JON PEREZ

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A lot of changes and other exciting surprises are in store when KON-QER's three-leg circuit kicks of its 2018 season on Saipan.

KONOER chief experience officer Kaz Endo, in last Friday's press conference at Fiesta Resort & Spa Park in Susupe. Saipan's Chambre Bar, said they would introduce new obstacles aside from new categories in the first stop of the re-

race. The KONQER Saipan Obstacle Course Challenge will be held on April 28 at the Kilili Beach

Enduro, Completion, Sprints, and Business League divisions will still be contested in KONQER Saipan with the gion's premier obstacle course KONQER former an individual challenge and the participant that has the best time to be declared

See KONQER on Page 26



KONQER Sports chief experience officer Kaz Endo, seated left, explains some of the new obstacles that are included in this year's KONQER Saipan during last Friday's press conference at the Fiesta Resort & Spa Saipan's Chambre Bar.



ROSELYN B. MONROYO

Kanoa Football Club's Paulynn Joyce, right, attempts to deflect a pass intended for Matansa's Leisha Sally during their girls U16 division game in the 2018 NMIFA Spring Youth League at the Francisco M. Sablan Middle School Field